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ABSTRACT

This curriculum guide shows a variety of activities, broken down by grade level, that can be used by both classroom teachers and physical education teachers. It provides elementary school teachers with ideas for constructing inexpensive athletic equipment. Objectives, materials needed, construction directions, and related activities are given for each piece of equipment. (CJ)

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ED189053

TEAM SPORTS - INEXPENSIVE EQUIPMENT

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U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

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FOREWORD

Physical education is an important part of the total educational program and can make a great contribution to the lives of our boys and girls. The education of the children of the state, not only for making a living, but for living, requires a well planned health and physical education program.

Children need physical education more today than ever before because of the changes from rural to urban living, automation, less natural play space, crowded schools, the anxieties and pressures of society, and the fast pace of the world in which they live. Elementary children need to build a strong foundation in physical fitness, develop skills in physical activities, cultivate the ability to make social and emotional adjustments and acquire knowledge of the role that health and physical activities play in their lives.

Physical education must help prepare children to live a full and happy life. In some elementary schools in the state, physical education is taught by the classroom teacher. However, many physical education specialists have been added during the past few years.

This guide was prepared by Vi Bahls, Assistant Professor, School of Health, Physical Education, and Recreation, University of Nebraska-Lincoln and Wauneta Peterson, Elementary Physical Education Specialist, Belmont Elementary, Lincoln Public Schools under the supervision of JoAnne Owens, Consultant for Health/Physical Education, Curriculum Division of the Nebraska Department of Education.

The State Department of Education is pleased to present this curriculum guide, which is structured to show a variety of activities by grade level in order to facilitate its use by both the regular classroom teacher and the physical education specialist in preparing a program for the elementary schools of Nebraska.

M. Anne Campbell
Commissioner of Education

INEXPENSIVE EQUIPMENT

The purpose of this chapter is to provide elementary teachers with some ideas for constructing inexpensive equipment in order that each child might have a piece of equipment with which to be active and involved in the various class experiences. It is by no means an all-inclusive list of equipment, but merely some suggestions of possible equipment a teacher, his class, or the parents can construct with little or no expense involved.

The authors are not implying that teachers need to be satisfied with the use of inexpensive equipment, but it is a place to start in these days of limited school budgets.

Ankle Jump

Objectives:

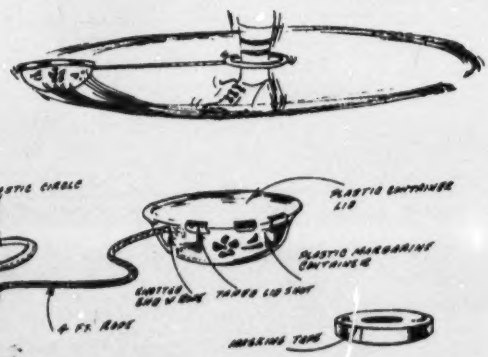
1. To develop jumping abilities.
2. To improve eye-foot coordination.
3. To enhance rhythmical use of the body.

Materials Needed:

1. Plastic margarine container and two lids, or an old tennis ball
2. About four feet of rope (traverse rod cord will do)
3. Masking or adhesive tape

Construction:

1. Place a small hole in the side of the margarine container.
2. Insert one end of the rope and knot it in order to prevent it from slipping out of the container.
3. Tape the lid shut.
4. Cut the center out of the second lid leaving a border of about one inch. Tape the inside of the ring to prevent bruising the ankle.
5. Secure the other end of the rope to the plastic circle.
6. Same procedures may be followed using an old tennis ball rather than the margarine containers.



Suggested Activities:

Place the plastic ring around the ankle and rotate it in such a manner that the margarine container (or tennis ball) and rope rotate in a circle also. Jump over the rope as it swings:

1. Forward.
2. Backward.
3. With a partner.
4. Raise the plastic ring so that the rope will swing higher and repeat the above activities.

Balance Beam

Objectives:

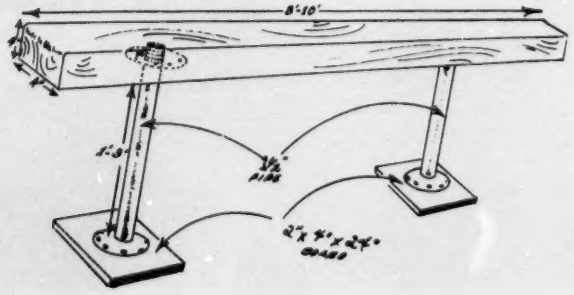
1. To become aware of static balance abilities.
2. To improve dynamic balance abilities.
3. To enhance body awareness.
4. To develop directional awareness.

Materials Needed:

1. An 8' or 10' long 4" x 4" post to serve as the end beam
2. Four floor flanges and 16 screws
3. Two pieces of 1½" diameter threaded pipe that may be screwed into the floor flanges (pipe may be from 1'-3' in length)
4. Two 2" x 4" x 24" long boards to form the supporting base

Construction:

1. Sand the beam, round the edges, and varnish if desired.
2. Secure the floor flanges on the underside of the beam one foot from each end.
3. Secure the other two floor flanges to the center of each supporting base.
4. Screw the two lengths of pipe into the floor flanges and you are ready to begin.



This type of balance beam has three distinct advantages over most other homemade beams: (1) portability, (2) ease of disassembly and storage, and (3) height adjustability.

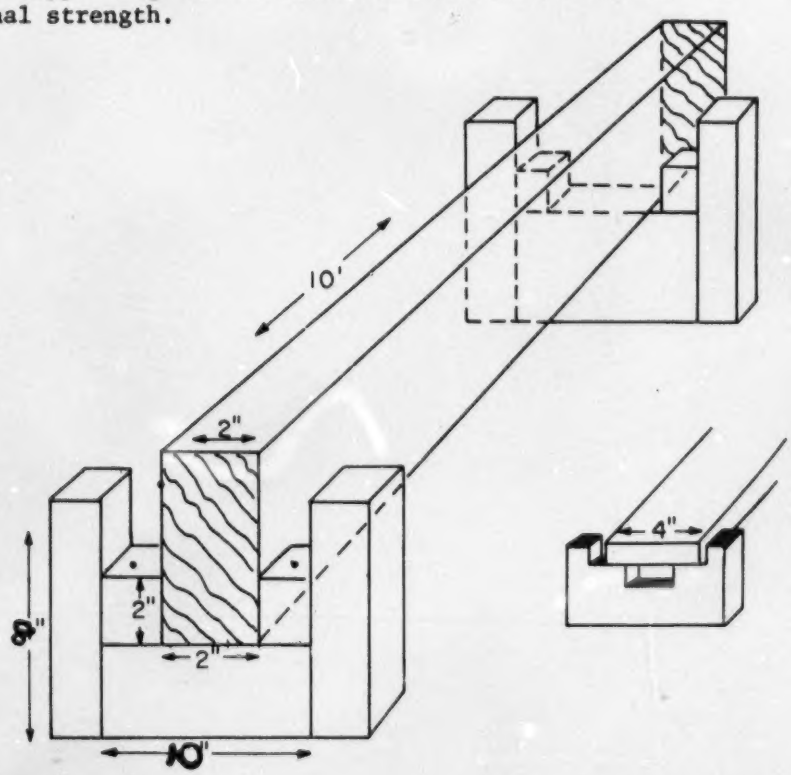
Low Balance Beam

Materials Needed:

1. An 8'-12' section of 2" x 4"
2. Three sections of 8" x 10"
3. Saw
4. Hammer
5. Chisel
6. Sandpaper
7. Paint or varnish
8. Paintbrush

Construction:

1. Cut a notch 2" wide and 4" deep in the center of each 8" x 10".
2. Cut a notch 1" wide by 2" deep on each side of the center notch.
3. Sand and varnish, or paint the balance beam as desired.
4. Place a third supporting section under the middle of the beam to give additional strength.



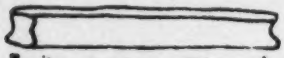
Simple Balance Beams
Railroad Tie Beam

Materials Needed:

1. Railroad tie

Construction:

1. Place railroad tie flat on ground so that it does not tip.



Railroad Tie Placed on the Ground.

Slanted Beam

Materials Needed:

1. 4" x 4" piece of wood
2. Dirt

Construction:

1. Cut board to desired length.
2. Slant board to mound of dirt.

Slanted 4"x4" to a mound of dirt.

Suggested Activities:

See balance beam section.

Balance Board

Objectives:

1. To teach static balance abilities and balance patterns.
2. To develop body awareness.
3. To improve eye-foot coordination.

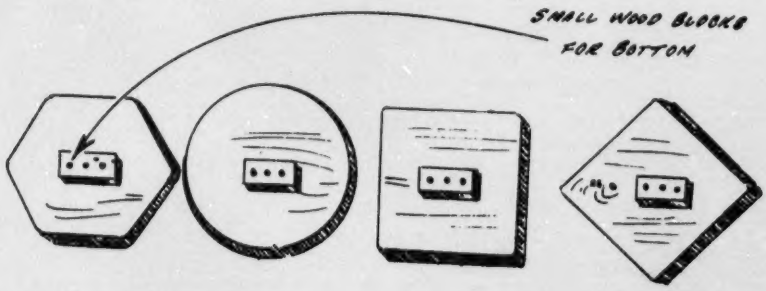
Materials Needed:

1. Various sizes and shapes of ½" or 3/4" thick plywood for the top.
   a. Sizes - 16", 18", or 24" long.
   b. Shapes - circles, squares, rectangles, (other geometric shapes may be used also).

2. Various sizes and shapes of wood blocks for the bottom.
   a. Sizes - 2" x 2" x 2" long, 2" x 4" x 4" long, 2" x 2" x 6" long, etc.
   b. Shapes - square, rounded.

Construction:

1. Cut the tops and the bottoms to the desired sizes and shapes.
2. Locate the geometric center of the board.
3. Round off the edges for the rounded supports if desired, otherwise leave the supports flat.
4. Nail the supporting bottom piece of wood securely to the top piece of wood at the center position. Counter sink the nails.
5. Sand and varnish, or paint the balance boards if desired or apply carpet to the top.



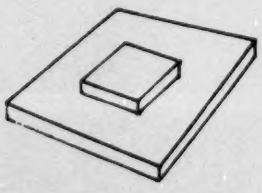
Balance Boards

Materials Needed:

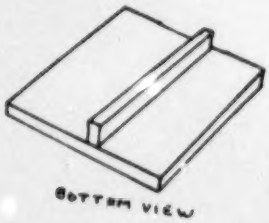
1. One-foot sections of 1" x 12" for each board
2. Pieces of 2" x 4"'s
3. One-foot sections of 2" x 2"'s
4. One-foot section of large dowel or fence-post (3" x 4" in diameter)

Construction:

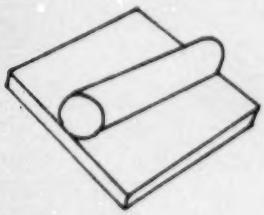
1. Place a four-inch section of 2" x 4" in middle of 1" x 12". For more advanced children, make the small piece 3" x 3" or 2" x 2".



2. Place a one-foot section of 2" x 2" in the center of the 1" x 12".

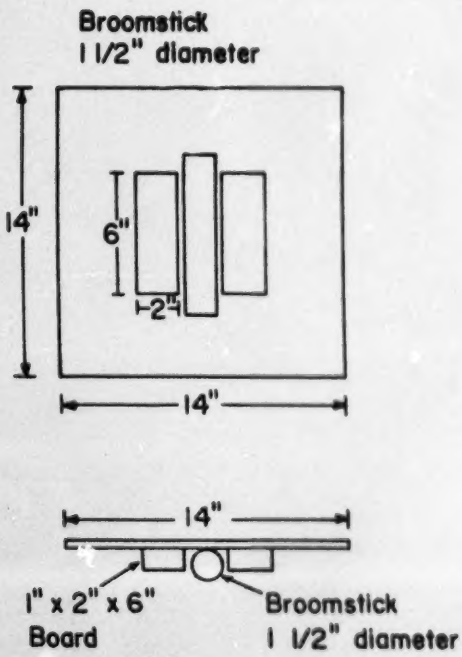


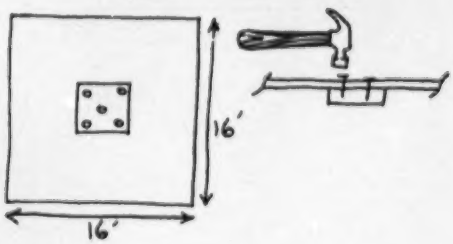
3. Place a one-foot section of a large dowel or fence post (3" - 4" in diameter) in the center of the 1" x 12".

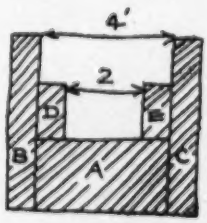


Construction:

1. Cut a piece of 3/4" plywood into a 16" square.
2. Base may be a 3", 4", or 5" square.
3. Glue and clamp 2" x 4" boards together and allow time to dry.
4. Cut to appropriate size.
5. Counter-sink wood screws or nails to attach the top to the base.







Suggested Activities:

1. Balance on the board any way you can.
2. Balance with your feet apart.
3. Balance with your feet together.
4. Balance with your arms out from the side.
5. Balance with your arms at your sides.
6. Balance with your eyes closed.
7. Squat down and balance.
8. Balance with a beanbag or eraser on your head.
9. Balance and catch a ball.
10. Toss a ball while balancing.
11. Throw at a target while balancing.
12. Balance on one foot.
13. Bounce a ball while balancing.
14. Touch various body parts while balancing.
15. Step from one balance board to another.
16. Balance with a partner on another board while holding hands.

It may be wise to place a mat under the balance board for safety particularly at the initial stages of learning.

Rocker Board

Objectives:

1. To learn static balance concepts.
2. To develop better concepts of laterality, directionality, and spatial awareness.
3. To become aware of crossing the midline of their bodies.

Materials Needed:

1. One 1" x 6" x 3' board
2. Seven feet of 1" x 1" trim
3. A 2" to 5" cylinder

Construction:

On the bottom of the 1" x 6" x 3' board attach the 1" x 1" trim, as in the picture. This provides a track along which the board may be guided. Cut the cylinder so that it fits just inside the track.

Rocker Board

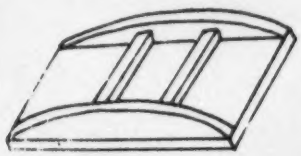
Materials Needed:

1. Two-foot section of 1" x 12"
2. Two two-foot sections of 2" x 6"
3. Enough 2" x 2" for bracing (larger boards can be made with 3/4" plywood and 2" x 10"'s)

Construction:

1. Cut two rocker panels from 2" x 6"'s as shown.

2. Assemble the board as shown in the illustration. Be sure to use the 2" x 2"'s for braces or the rocker will collapse.



3. The finished product can be used as a balancing board or a small teeter-totter.

Suggested Activities:

1. Have the child roll from side to side and touch the right and left ends to the floor alternately while maintaining control of body. Have the child use arms for more control.
2. Have the child try to maintain balance in the middle without either end touching the floor for as long as possible.
3. Have the child cross legs so that the right leg will be forced to balance on the left side and vice versa.
4. Have the child bounce a ball or perform various visual pursuit tasks while balancing on the rocker board.

Spring Board

Objectives:

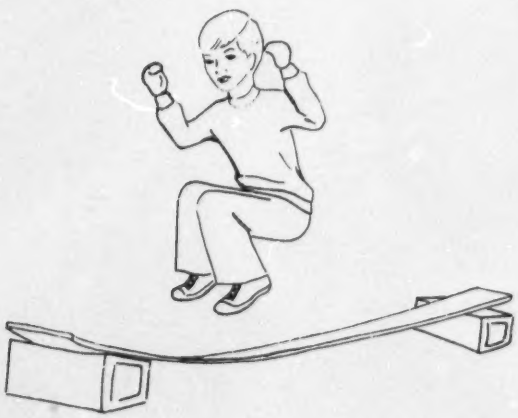
1. To develop greater balancing skills.
2. To improve gross-motor coordination.
3. To increase spatial awareness.
4. To help overcome earthbound problems.

Materials Needed:

1. 10' x 8" x 1" board
2. Two cement blocks

Construction:

1. Sand or file all rough edges off the board.
2. Paint or varnish board and blocks.
3. Place board on blocks in a horizontal position with a slight overlap at the edges to give added support.



Suggested Activities:

1. Have the child stand in the center of the board with his feet together. Have him jump in place several times, increasing the height he can jump as he increases in skill.
2. Have the child step on and off the board several consecutive times. He can do this forward, backward, and to each side.
3. Tell the child to jump on the board a specific number of times and then to stop. Teach the child to bend his knees, ankles, and hips to absorb the force in order to stop.
4. Use the board as part of an obstacle course. For example, crawl under, jump over, walk across, and hop on the springboard.

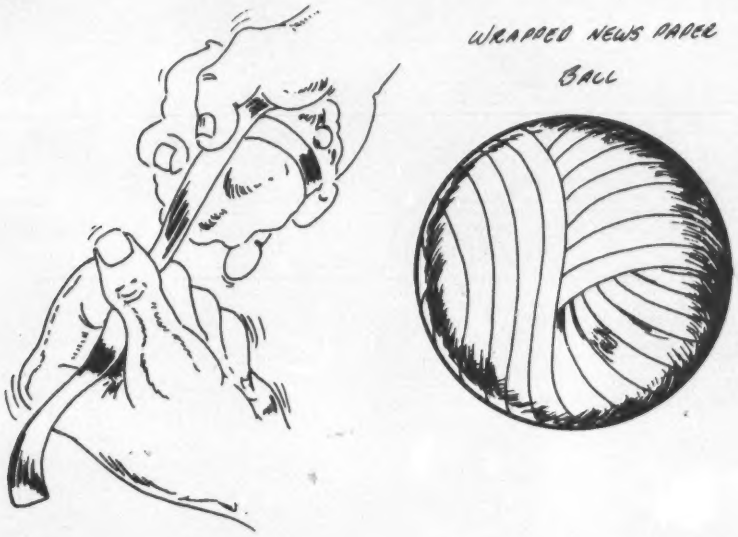
Newspaper Balls

Objectives:

1. To improve abilities to manipulate balls in a variety of ways.
2. To investigate with the use of balls in a variety of situations.
3. To develop creativity in the use of balls.
4. To enhance body image and directional awareness.

Construction:

1. Crumple several sheets of newspaper into a ball. Compress to the desired size.
2. Tape around the ball in a crisscross manner until the outer edges of the paper are fully taped.
3. Mold the shape of the ball with the hands. Draw the tape firmly against high edges.
4. Discarded tennis balls or hand balls are also excellent.



Suggested Activities:

1. Problem Solving Activities
   a. How many ways can you throw the ball to yourself?
   b. How many different directions can you see when you throw the ball to yourself?
   c. How many different ways can you throw the ball without using your hands?
   d. Can you throw your ball up and catch it? How many different ways can you move and still catch it?
   e. How many places can you put your hand and catch the ball?
   f. How many different levels can you use when tossing the ball up and catching it?
   g. Can you toss the ball up, take 3 steps and catch the ball on a fly?
   h. How many different ways can you get the ball from where you are to the wall?

i. Can you make the ball move forward without throwing it?
j. How many different directions can you use to roll the ball to yourself?
k. How many ways can you make the ball go around you?
l. What can you do with the ball using only one hand? Now try the other hand.
m. How many different levels can you bounce the ball? (Before using this make certain the children know what you mean by level.)
n. How many different ways can you move while you dribble the ball.
o. How many different parts of your body can you use to bounce the ball?
p. How many different places can you look and still catch and bounce or dribble the ball?
q. Can you move some part of your body between the time you bounce and catch the ball?
r. Can you bounce up and down as the ball bounces up and down?
s. Can you dribble the ball, focusing straight ahead?
t. How many different ways can you get the ball to your partner?
u. What can your feet do with the ball?

2. Self Testing Activities

a. Throw at targets on the wall using overhand throws for accuracy.
b. Draw a three foot square or circle on the floor. While standing in it, throw the ball up high on the wall and catch it on a fly while remaining in the square or circle.
c. Make two 3' squares on the floor about 10' apart. Throw the ball on the wall from the first square and catch the rebound while in the second square.
d. Roll the ball, knocking down Indian clubs.
e. Hit the ball against the wall using 1 or 2 hands using an overhand or underhand pattern. Try it with a sidearm pattern using 1 hand.
f. Throw or kick a ball for distance.
g. Hit the ball against the wall with a paddle.
h. Throw over raised climbing ropes.
i. Dribble around pins in a zig-zag manner. Do it with the feet also.
j. Throw the ball over a bar or rope, turn under and catch the ball on the other side.

Sponge Balls

Objectives:

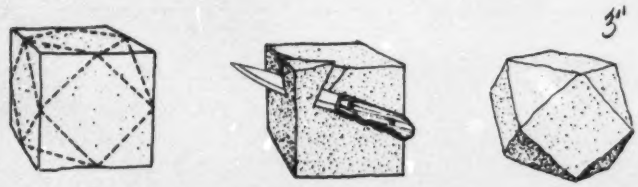
1. To improve creativity in the use of balls.
2. To improve fine-motor coordination.
3. To develop eye-foot and eye-hand coordination.
4. To investigate with balls in a variety of situations.
5. To create manipulative game-playing patterns and skills.

Materials Needed:

1. Pieces of sponge from 6"-12" thick

Construction:

1. Cut sponge in cubes of equal dimensions (6" x 6" x 6" to 12" x 12" x 12").
2. With a sharp knife, trim off the 8 corners of the ball (see illustration).



Suggested Activities:

1. Throwing and Catching: These balls are excellent for use with young children because they "give" when they hit a child. The balls react much as a normal ball and can be used indoors.
2. Soccer Activities: These balls have been used quite effectively as indoor soccer balls. They react much as a regular ball though with a slower flight and roll.

Stocking Ball

Objectives:

1. To develop eye-hand coordination.
2. To improve throwing and catching abilities.

Materials Needed:

1. Panty hose
2. Old cotton sock
3. Masking tape
4. Scissors

Construction:

1. Cut panty hose in half.
2. Roll up an old cotton sock or newspaper.
3. Tape sock or newspaper with masking tape.
4. Put sock or paper ball in the toe of each panty hose.

Suggested Activities:

1. How many ways can the student twirl the sock?
2. How many ways can they throw and catch the ball?

Yarn Balls

Objectives:

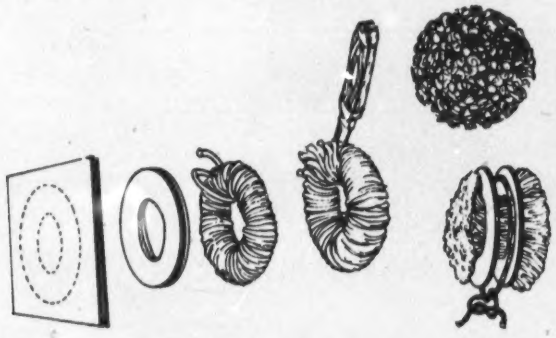
1. To develop eye-hand and eye-foot coordination.
2. To improve throwing and catching abilities.
3. To develop creativity in use of balls.

Materials Needed:

1. Two skeins of yarn
2. Small amount of string
3. Cardboard
4. Scissors
5. Paper clip

Construction:

1. Cut two large cardboard light weight circles about 3"-4" in diameter. Cut a hole 1½"-2" in diameter in the center of the cardboard circles.
2. Place the circles together one on top of the other. Wrap yarn around the 2 circles until the holes are nearly full.
3. Cut the yarn around the outside edge of the 4" circle. Slide the 2 circles apart and tie the yarn in the center with string or with wire. Make sure the string is tied tightly.
4. Cut away the cardboard circles and fluff the ball until it is round.



Suggested Activities:

1. Throw to a partner.
2. Catch from a partner.
3. Strike with the hand.
4. Strike with a stocking paddle.
5. Kick the yarn ball.
6. Toss and catch to self.
7. Toss at a target.

Barrels

Objectives:

1. To improve dynamic and static balance abilities.
2. To develop body awareness.
3. To enhance spatial awareness.

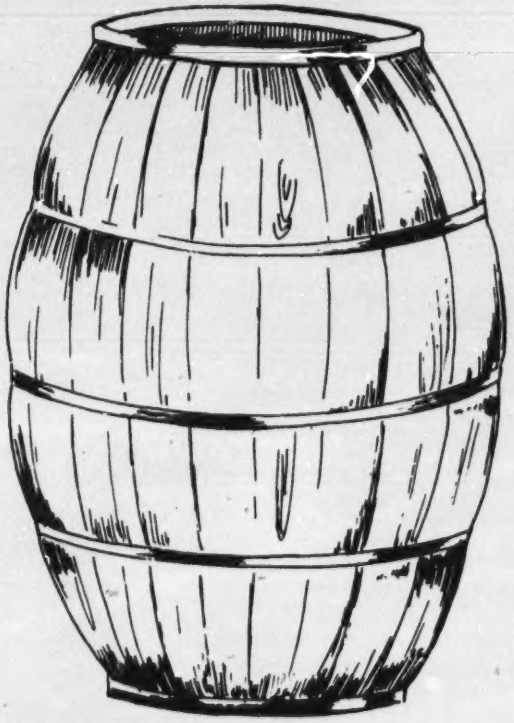
Materials Needed:

1. Cardboard barrels
2. Oil drums
3. Wooden kegs

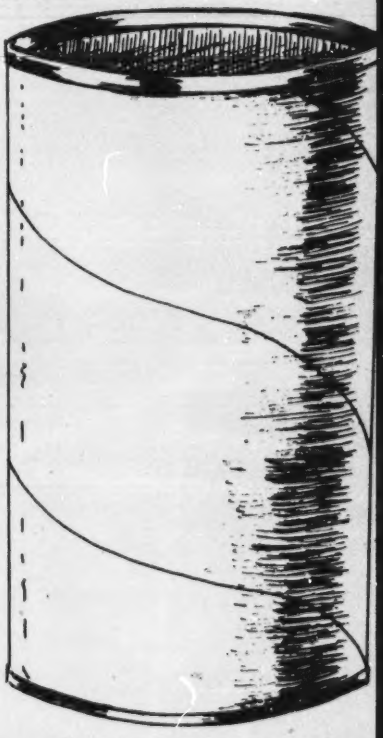
Construction:

There are actually no assembly procedures to follow. However, the following precautions should be taken before using the barrels:

1. Remove all protrusions.
2. Check for metal slivers or wood splinters and file if necessary.
3. Be sure that the supporting surface area is not slippery.



WOODEN TYPE



CARDBOARD TYPE

Suggested Activities:

1. Rolling the barrels
   a. Roll barrel with both hands.
   b. Roll barrel with one hand.
   c. Roll barrel with both feet.
   d. Roll barrel with one foot.
   e. Get inside the barrel and roll forward and backward.
2. Balance the barrels
   a. Sit on the barrel and balance.
   b. Balance on your stomach.
   c. Balance on your back.
   d. Step on the barrel; step off the barrel.
   e. Step on the barrel and balance with both feet.
   f. Walk on the barrel, moving it forward.
   g. Walk on the barrel, moving it backward.

h. Jump on and off the barrel.
i. Jump up and down on the barrel.
j. Bounce a ball on the barrel.
k. Perform the above activities with a partner.

Barrels and Boxes for Equipment Storage

Objectives:

1. To provide the school with adequate storage for physical education equipment.
2. To encourage pupils to be neat and responsible for caring for equipment.
3. To facilitate learning and teaching.

Sources for Materials:

1. Cardboard boxes: grocery stores, other retail stores
2. Cardboard soap barrels: soap powder companies, institutions, schools, hospitals, or large business firms
3. Plastic custodial barrels (on wheels): schools, hospitals, and other institutions
4. Wooden cupboards or shelving: can be made with inexpensive lumber or could be purchased commercially
5. Large plastic bread or vegetable containers: large retail supermarkets
6. Other: a variety of storage needs can be met by fitting the storage technique to the type of equipment being stored

Construction:

1. Cardboard boxes should be approximately 12" x 24" x 12" deep, but this can vary with the type of equipment. Standardizing the size of the boxes helps with shelf space and neatness.
2. Cardboard soap barrels are usually standard in size. They could be painted or decorated in a colorful manner.
3. Large plastic bread or vegetable containers need no construction.
4. Plastic custodial barrels need no construction unless for decoration purposes.
5. Wooden cupboards or shelving can be stained or painted. The shelving can be constructed in a variety of sizes and heights, depending on the space available and the storage needed.

Bats

Objectives:

1. To enhance fundamental striking abilities.
2. To improve eye-hand coordination.

Materials Needed:

1. Several pages of old newspaper
2. One-half inch - 5/8" dowel
3. Tape

Construction:

Simple Bat

1. Place several pages of once-folded newspaper on flat surface.
2. Set dowel near folded edge and roll into newspaper.
3. Tape at three or four locations to make secure.

4. Place rolled tube onto twice-folded pages and repeat the rolling process. Tape secure.

5. Your finished product is a light bat which can be used with fleece ball or whiffle ball.

Advanced Bat

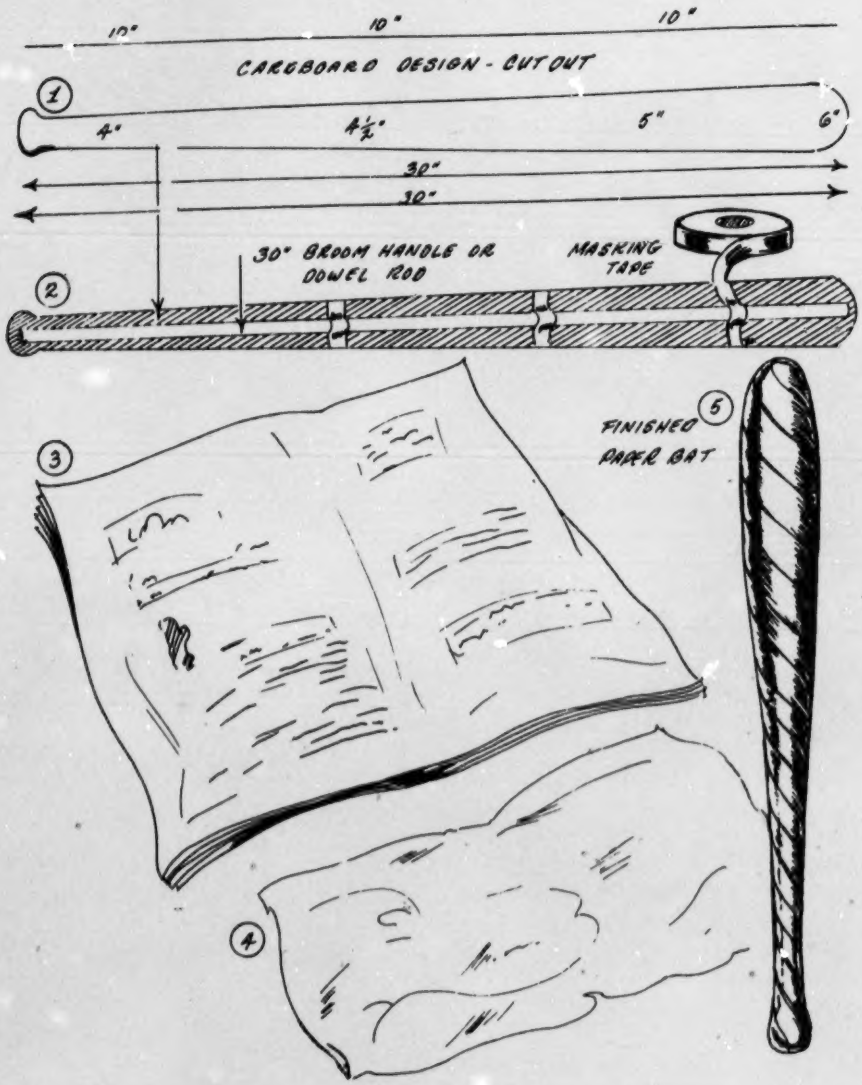
Materials Needed:

1. Cardboard - 30" long x 5" wide
2. Newspaper
3. Plastic bag (a dry cleaner's bag will do nicely)
4. Masking tape or plastic tape
5. One dowel rod (or broom handle) - 30" long

Construction:

1. On a piece of cardboard 30" long, draw the outline of a baseball bat. The first 10" (handle) should be 4" wide. Gradually taper the middle 10" out to 5" wide. Taper the last 10" out to 6" wide.
2. Cut out the outline of the bat using a single edge razor blade or a sharp knife.
3. Draw a line down the middle of the bat and fold the line.
4. Insert the dowel rod inside and tape both ends and the middle so that the rod cannot fall out.
5. Lay open 10 sheets of newspaper in a stack on the floor.

6. Put the bat across one corner and roll. When the roll is complete, turn both ends down and tape the whole thing securely to hold the paper in place.
7. Place the plastic bag on the floor and repeat same operation as with newspaper, taping securely when completed.



Suggested Activities:

1. Make one for each child to practice basic striking skills.
2. Use for <u>indoor</u> baseball type games.

Use with a wiffle ball, yarn ball or soft rubber ball.

Batting Tees

Objectives:

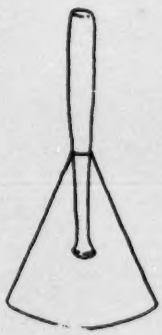
1. To develop eye-hand coordination.
2. To increase concepts of laterality and directionality.
3. To improve gross-motor coordination.

Materials Needed:

Batting tees may be constructed from a variety of objects found in the environment. Construction or traffic cones, radiator or water hoses, dowels, plastic tubing, and wiffle bats are among the materials that can be used. Find the materials available to you and adapt them to make them work in your situation.

Construction:

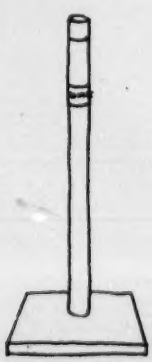
1. Cut out the top end of a whiffle ball bat.
2. Slip bat through the end of a traffic cone.



Wooden Tee

Construction:

1. One 2' x 2' x 3/4" piece of plywood for base.
2. Anchor a 1½" - 2" pole or dowel to the center of the base with nails or screws. Height of pole should be 2' x 3'. (This depends on size of child.)
3. Attach a piece of hose, such as a radiator water hose, with an adjustable to the pole. (The hose can then be adjusted to the heigh of the child.)



Suggested Activities:

1. Use a table-tennis racket, paddle-ball racket, or wiffle bat and have the child hit a wiffle ball, yarn ball, or nerf (sponge) ball off the tee. As the child's skill increases, have him hit grounders or fly balls, or place his hits to right or left field.
2. Use a softball bat and a softball to perform the same activities as above.
3. Have a group of children play "Tee Ball." No pitcher is required. The rules are similar to softball or can be modified for any situation.

Alphabet and Number Beanbags

Objectives:

1. To help children learn to distinguish numbers and letters.
2. To manipulate and investigate an object.
3. To control an object so that creative and functional use is made of it.
4. To give an opportunity to explore the relationship of the object to the area around the child.
5. To develop fine-motor and eye-hand coordination.

Materials Needed:

1. Scraps of material or felt
2. Filler such as dried peas, beans or styrofoam balls from old beanbag chairs
3. Sewing machine

Construction:

1. Cut the material into the shapes of the numbers of letters.
2. Sew the forms together with strong thread until only a small hole remains.
3. Fill with beans.
4. Complete the sewing.

Beanbags can be made into the shapes of numbers and letters.

Suggested Activities:

1. Letter and number recognition
   a. Have the children spell their spelling words.
   b. Give the children their addition, subtraction, multiplication, and division tables and have them make the totals with beanbags.
   c. Throw the letter or number to various children and have them name the letter or number as they catch it.
2. Individual activities
   a. Sit down, lie down, kneel, or close your eyes and do something with the beanbag.
   b. Place the beanbag on the floor and move around it or over it in several different ways.
   c. Move in space with the beanbag.
   d. Balance the beanbag on any part of your body as you move through space.
   e. Throw the beanbag up in the air while you move about the room.
   f. Throw the beanbag from one hand to another as you move about the room.
   g. Move the beanbag around your body as you change levels.
   h. Throw the beanbag into the air and use different parts of your body to catch it.
   i. Use various parts of your body to throw the beanbag into the air.
   j. Lie on your back and try to throw the beanbag into the air and catch it.
   k. Place the beanbag on the floor and build different types of bridges over it with your body. Make the bridges with three, four, five, or six body parts touching the floor.
   l. Place the beanbag on the floor and move it with different body parts. Try your elbow, knee, heel, or head.
3. Partner activities
   a. Find a partner and exchange beanbags on the floor.
   b. Find several different ways to exchange beanbags in the air.
   c. Exchange beanbags with a partner using body parts other than your hands.
   d. Move about the room with a partner and exchange beanbags.

Plain Beanbags

Objectives:

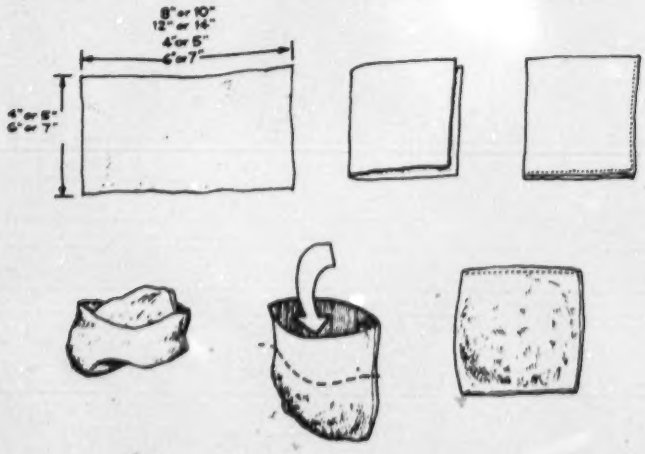
1. To improve throw and catching abilities.
2. To develop body awareness.
3. To enhance directional awareness.

Materials Needed:

1. Heavy cloth
2. Sewing machine
3. Measuring cup
4. Dry beans, peas, or corn

Construction:

1. Cut heavy cloth into rectangular pieces of approximately 5" x 10" or 7" x 14". Fold cloth to make 5" x 5" or 7" x 7" squares with the rough side of the cloth exposed.
2. With a sewing machine sew two side folds of the cloth closed. Then turn square pocket inside out exposing the smooth side of the material.
3. Through the open or unsewn side of the square pocket or bag, pour dry beans, peas or corn (one-half cup for small bags and one cup for large bags).
4. Use a sewing machine to sew the opening in the bag closed.
5. Soybeans, corn, etc., can be obtained from a local farmer's elevator. Crushed rock can be used instead of grain.
6. If grain is used, beanbags should be kept in metal containers.



Suggested Activities:

A wide variety of throwing and catching activities can be performed with a beanbag with the advantages of being easy for the child to grasp and inexpensive.

A wide variety of movement exploration activities may also be performed which will serve to enhance directional and body awareness.

1. Toss the beanbag and catch it before it lands:
   a. Toss up
   b. Toss forward
   c. Toss backward
   d. Toss sideways
   e. Toss to a partner
2. Balance the beanbag on your head, arm, leg, face, back, and other body parts.
3. Balance your beanbag on a body part and transfer it to another part of your body.

4. Balance your beanbag and transfer it to a partner.
5. Balance your beanbag on a body part and toss it in the air from that position.

Beanbags need not always be square.
Different color beanbags can be made for different games and activities.
Different size beanbags can be constructed to meet the needs of different size children.

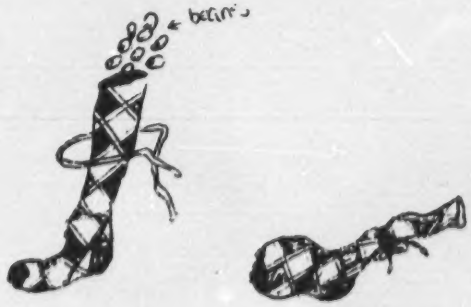
Sock Beanbag

Materials Needed:

1. Sock
2. Filler such as pebbles, corn, dried peas
3. String

Construction:

1. Sock beanbag
   a. Fill sock with filler.
   b. Tie string around sock.



Broom Sticks

Objectives:

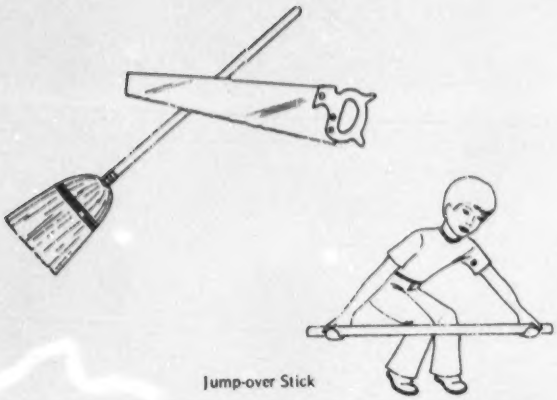
1. To develop various aspects of physical fitness such as balance, flexibility, agility, and strength.
2. To improve eye-hand and eye-foot coordination.
3. To enhance various rhythmical and time/space qualities in children.

Materials Needed:

1. Old brooms or mops

Construction:

1. For various striking activities, leave the broom intact and use the head as the striking surface.
2. For various wand activities, cut the head off the broom or mop so that it is 3' to 4' in length.
3. For lummi stick activities, cut the broom or mop handles into lengths of 8" to 12".



Jump-over Stick

Banging Sticks Together

Suggested Activities:

1. Horse Racing: Place the broomstick between the legs while holding one end with one hand. The other end drags on the ground. The stick is the horse. Different types of races can be conducted.
2. Broomstick Hockey: Divide the group into two teams on a hard surface court, with lines of equal length at either end to serve as goal lines. A rubber quoit or similar type ring is used as a puck to be propelled with the end of the broomstick over the goal line for a score. As skills improve, the goals should be made narrower.
3. Brookstick Roll-Off: Place five or more broomsticks on the floor with one student standing on them. Another student steps on the sticks and tries to roll and slide back and forth with his feet so that the first student loses his balance and falls off the sticks. (This can be done with two to four students per group of sticks.)
4. Jump Sticks: Place the broomsticks on the floor about 3' apart in any formation (circle, line, etc.). As in hop-scotch, have the students hop between the sticks (one or more students at a time) varying the design of sticks and also the foot that the student hops with.
5. Stick Balance: Have the students balance sticks perpendicular to the floor on the palm of their hand. Vary the balance points as skill progresses (foot, fingers, elbow).
6. Stick Toss: With the stick balanced on the palm or fingers try to toss stick to another student without losing the balance of the stick (i.e. palm to palm without holding the stick--it must be balanced). Count successful successive attempts.
7. Stick Throw: Line students up facing same direction; on signal throw the stick like a spear. Then all students retrieve and face other direction. Make sure they throw on command only.

8. Broombatives:
   a. Each student holds a stick and crosses stick of another student. As they hold the stick with both hands they try to push their opponent across a line that is drawn behind each student (about 3').
   b. Two students face each other and hold a broomstick. Each student tries to touch the right (his right) end of the stick to the ground. Whoever touches his end to the ground is the winner.
9. Tuck Jump: Each student holds a stick with both hands and tries to jump through the arms and over the stick by tucking the knees to the chest, without releasing the grip on the stick.
10. Over the Head: Start with a wide grip on the stick with both hands. With straight arms take the stick over head and down to the back. See how close the students can get their hands and still do the trick with straight arms.
11. Twister: With 2 to 10 students having one stick end in each hand, form a circle (student-stick-student-stick, etc. all the way around). Then one student at a time crawls under, steps over, or jumps over (with one or two legs) any of the other broomsticks. Those who let go of any stick must go start another circle. The last one to let go in the circle is the champ.
12. Back Scratcher: Hold a broomstick with the palms facing away from the body and the arms crossed over one another. Bend the elbows so that the wand can go over and behind the head. Try to pass the broomstick down the length of the body all the way to the heels. Then step over the stick so that the stick is in front of the body again. Do not release the grip on the stick any time throughout the stunt.
13. Contortion: Hold a stick (4" in length) with both hands, palms facing away from the body. Step through the stick with both legs (one at a time). Bring the stick over the head. Step around one arm inside the stick (between you and the stick). Pull on the stick until it is all the way over the back and head. Then step over the stick until you are back to the original position that you started in. Be certain not to let go of the stick during any part of the stunt.
14. Twist Under: Hold a stick upright by grasping the top of the stick so that the other end of the stick is on the floor. Twist so that you pass under the arm holding the stick without letting go of the stick, taking it off the floor, or touching knee to the floor. Do it with the other arm, too.
15. Jig Saw: Two students face each other both holding on to one stick with both hands. They lean back and sit down slowly while they swing their hips from side to side as they sit down. The same stunt can be performed in the opposite direction.
16. Wand Whirl: Stand a wand upright in front of you holding it at the top so that the other end touches the floor. Release your grasp and quickly turn around (360°) and catch the wand before it touches the floor. Do it in both directions. Then try it making two full turns.
17. Thread the Needle: While standing in a pike position with the wand held in front of the body with both hands, bend the knees so the original position without touching back or feet to the floor and without touching the feet to the wand.

18. Wand Catch: Stand a wand on one end and hold it with the index finger. Bring the foot quickly over the stick, letting it go and catching it again with the finger before it falls. Do the stunt with the right and left leg both to the inside of the stick and from the inside out. Short students may have to stand on a bench or platform to perform this stunt.
19. Stick Wrestle: Two students face each other holding a stick between them. The stick should be gripped so that the students hands are alternately placed. (Neither student has both hands gripped inside or outside the other students.) On command each student tries to make the other student let go of the stick by twisting the stick back and forth and applying pressure.
20. Tug-O-War: Using a stick instead of a rope, students can have a tug-o-war in one of several ways:
    a. Two students face each other and pull in opposite directions until one student pulls the other across a line drawn on the ground between them.
    b. Same as "a" except each student holds two sticks (one end of each stick in each hand).
    c. Same as "a" except student may pull using only one hand.
    d. Students face in opposite directions holding the ends of two sticks (one end in each hand). Each tries to pull the other over the line.
21. Ring the Wand: This game requires two teams (5 to 7 players on each team). Each team has one or two goals. Goals are persons who stand on a chair at the end of the court (out of bounds at end of a basketball court) and hold a wand in their hands. The object of the game is to throw a deck tennis ring or quoit around the wand being held by the goal. The players may not run when the ring is in their possession. Fouling rules are the same as basketball and boundaries are the same. The game is started with a center jump. If the goalie does step off the chair to catch the ring no point is scored and the other team throws the ring in bounds.
22. Chariot Race: This requires a gym-type floor. One student sits on the floor holding one end of two sticks in each hand. Another student holds the other ends of the sticks and faces the same direction--he is standing. On command the standing student pulls the other student to a designated line and back while the sitting student merely slides along on the floor behind the student pulling him. This can be done in relay formation or simply as a race.
23. Limbo: This is the West Indian dance in which a student faces a stick that is held or supported on each end. The performing student bends backward and passes under the stick without touching the hands to the floor. See how low you can go. It is best performed to special limbo music, but any music in fast tempo will suffice. The most successful performers will find that the feet should form a wide base and the knees be close together. The angle of the upper and lower leg is approximately 90°.
24. Wrist Twist: Take a 1' piece of broom handle and tie a 5 pound weight to the middle, using a 4' cord. Hold the arms horizontally and twist the broom handle until you wrap all of the cord around it and the weight touches the handle.

BOUNDARY MARKERS

Objectives:

1. To teach space limitation.

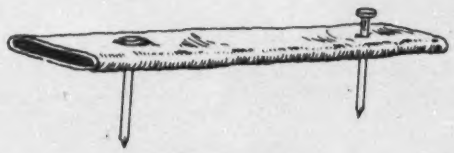
Fire Hose Boundary Lines

Materials Needed:

1. Fire hose
2. Forty penny spikes

Construction:

1. Flatten hose.
2. Nail to ground.



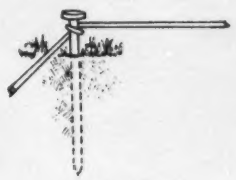
Plastic Clothesline Boundary Lines

Materials Needed:

1. Plastic clothesline
2. Forty penny spikes

Construction:

1. Spikes should be driven into the ground.
2. Wrap clothesline around each spike (one wrap).
3. Stretch clothesline taut.



The rope must be fixed very close to the ground to prevent children from tripping during activity.

Bowling Pin Markers

Materials Needed:

1. Bowling pins or cardboard milk cartons
2. Sand

Construction:

1. Bowling pins can be obtained from local bowling alleys.
2. Cardboard milk cartons should be weighted.

Coat Hanger Flag Markers

Materials Needed:

1. Coat hangers
2. Flags

Construction:

1. Straighten coat hangers.
2. Round the top.
3. Attach flag to the rounded portion.
4. Push coat hanger into the ground.

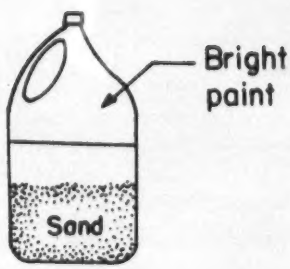
Plastic Bottle Marker

Materials Needed:

1. Plastic bottle
2. Sand
3. Paint (optional)
4. Paintbrush

Construction:

1. Partially fill bottle with sand.
2. Paint numbers, symbols or designs.



Crawling Box

Objectives:

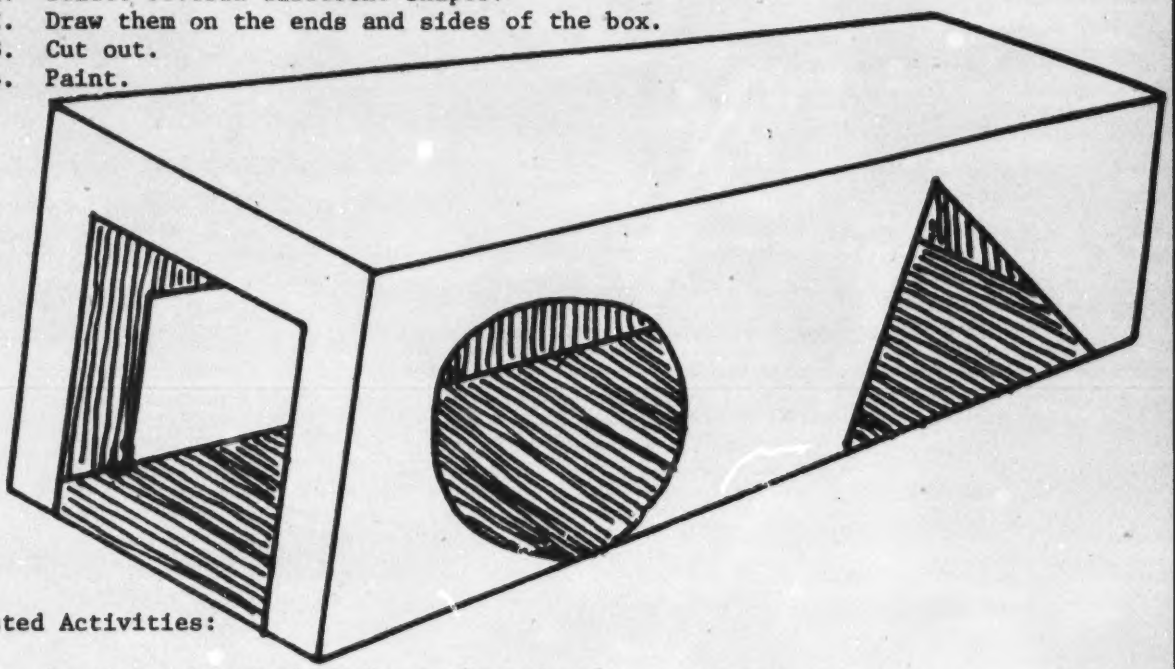
1. To become aware of geometric shapes.
2. To improve color discrimination.
3. To develop correct crawling patterns.

Materials Needed:

1. Large cardboard box

Construction:

1. Select several different shapes.
2. Draw them on the ends and sides of the box.
3. Cut out.
4. Paint.



Suggested Activities:

1. Crawl in the circle and out the triangle.
2. Crawl in the red and out the green.
3. Crawl in the yellow rectangle and out the blue square.

Foot Launchers

Objectives:

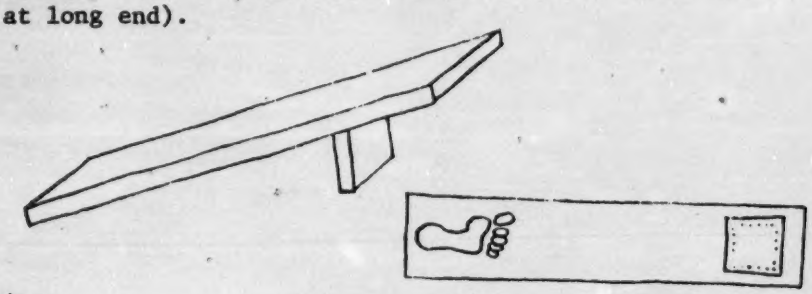
1. To develop eye-hand, eye-foot, and gross-motor coordination.
2. To increase a child's self-concept and apatial awareness.

Materials Needed:

1. Board 3' long
2. Scrap wood 1' x 6" x 2"
3. Nails
4. Hammer
5. Paint

Construction:

1. Nail the falcrum 6" from one end of the 3' board.
2. Paint board (optional: paint foot at short end of board and beanbag at long end).



Suggested Activities:

1. Place a beanbag on end of the board. Have the child stand on the raised end of the board to launch the beanbag. Then have the child try to catch the beanbag while it is in the air.
2. Vary the launched object such as yarn ball, fleece ball, and paper ball.
3. Have the child attempt to launch the object to specific height, such as his waist, chest, chin, eyes, etc.
4. Have the child attempt to catch the objects with different body parts such as his palm, back of hand, wrist, elbow, and foot.

Garden Hose

Objectives:

1. To develop eye-hand and eye-foot coordination in the various throwing, catching, and jumping activities.
2. To increase static and dynamic strength in the arms, trunk, and legs.
3. To improve balance, agility, and reaction-time abilities.
4. To teach partner and team cooperation in the activities involving deck tennis and multiple tug-o-war struggles.

Materials Needed:

1. Pieces of garden hose
2. Plastic coupler or dowel
3. Staples, nails or tape
4. Sash cord
5. One-half inch metal ring or gymnastics spotting belt

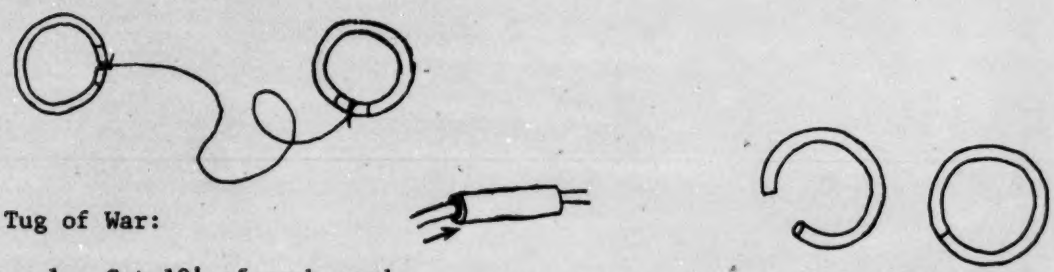
Construction:

Jump Rope Handles:

1. Cut 4" to 6" piece of garden hose.
2. Tie a knot about 8" from each end of rope.
3. Slide garden hose on to end of rope.
4. Tie a second knot at the end of rope so that the handle fits securely.
5. Cut away any loose ends.

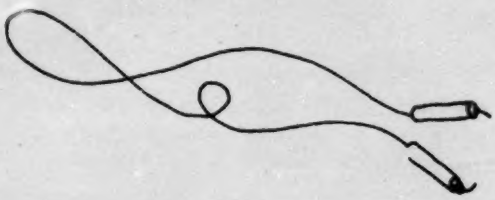
Rings:

1. Cut a piece of garden hose into 18" to 24" lengths.
2. Join ends with plastic couplers or dowel 1' to 2" long.
3. Staple or nail if dowel is used and tape if plastic coupler is used.



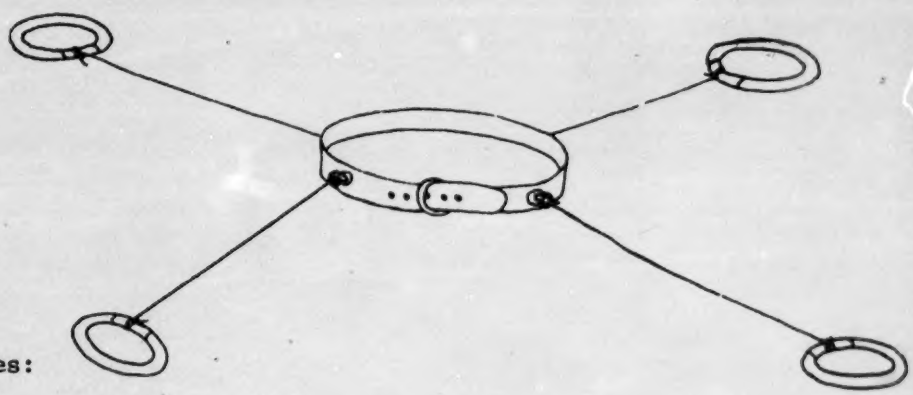
Tug of War:

1. Cut 10' of sash cord.
2. Slip about 12" to 18" of garden hose over each end of rope.
3. Tie rope in square knot.



Multiple Tug of War:

1. Attach garden hose handle to one end of an 8' rope.
2. Attach the opposite end of rope to a strong ½" metal ring or old gymnastics spotting belt.



Suggested Activities:

1. Jump ropes--refer to the section on jump ropes.
2. Ring toss and deck tennis:
   a. Throw the ring up in the air and catch it yourself in several different ways. Use both hands.
   b. Throw the ring toward a peg or small plastic bottle and aim so that it lands over the object.
   c. Throw the ring back and forth with a partner. Throw and catch the ring in different ways.
   d. Adapt the team game of deck tennis to the abilities of the children. Use a badminton net, volleyball net, or rope as a net to throw over.

3. Ring wrestling using the garden hose ring. This activity is suitable for children in grades 4 to 6. As the activity is combative in nature, the children should be matched by height and weight. Time of the matches can vary from 10 to 30 seconds (maximum of 30 seconds).
   Important Teaching Point: Children should remain on their knees throughout the match, and they must stop the match on signal.

   a. Begin kneeling side by side, try to get the ring on your partner's foot.
   b. Repeat, but put the ring over your partner's other foot.
   c. Repeat the same problem, but change beginning position: back to back kneeling, back-lying, sitting back to back, etc.
   d. Each player holds the ring with one hand; attempts to get it over the other player's foot.
   e. Repeat item "d" but begin by holding ring with both hands.
   f. Repeat items "a-e" but use the "referee's position" (from high school wrestling). The ring can be held by either player.
   g. Try other variations of combative movements with the ring.

   This activity can be quite vigorous and should be used with rest periods. The teacher should control the activity at all times.
4. Partner and multiple tug-of-war ropes (these matches should be conducted on tumbling mats).

   a. Using individual ropes try to pull your partner across the line or out of a circle using right hand, left hand, both hands, face to face, back to back, and other variations.
   b. Using 3 or 4 bases of support try to pull your partner off balance by placing either hand or foot through the loop of the rope and tugging as strong as you can.
   c. Repeat the above activities but have each child try to pick up an object that is behind him.
   d. Perform sit-ups using partner opposition by holding on to the ends of the ropes.
   e. Use multiple ropes and tug 2 against 2, 3 against 3, etc.
   f. Using multiple ropes, repeat some of the partner activities listed above.
   g. Perform isometric exercise using partner or multiple ropes. Try various body positions and angles with the limbs of the body. Hold each position for 6 to 8 counts before assuming another isometric position.

Hoops

Objectives:

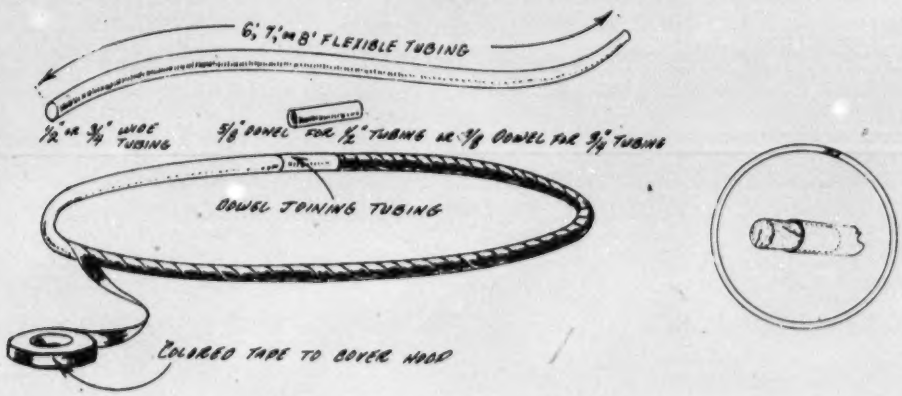
1. To develop body awareness.
2. To improve eye-hand coordination.
3. To develop spatial relationships.
4. To improve other perceptual-motor skills.
5. To develop rhythmic timing in children.
6. To enhance manipulative abilities.
7. To teach children about form perception.
8. To develop general coordination skills.

Materials Needed:

1. One-half inch - 3/4" flexible plastic tubing (available at most hardware stores)
2. Dowel rods (sized to fit internal diameter of tubing)
3. Staples
4. Electrical tape or plastic tape

Construction:

1. Cut the tubing to the desired length.
2. Heat the ends of the tubing in very hot water to cause them to expand.
3. Insert the 2" dowel in the tubing at both ends forming a circle. (This allows the tubing to expand to allow the coupler to fit into the ends.)
4. Staple both ends of the tubing to the dowel rods.
5. Use about 6" of electrical or plastic tape and tape around the two ends where the dowel was inserted.
6. If you wish, wrap the colored plastic tape around the hoop. You may also want to put popcorn inside the hoop before putting the ends together to create a pleasant sound while using it.



Suggested Activities:

1. Using both hands, roll the hoop forward in a straight line on the floor.
2. Using both hands, roll the hoop backward in a straight line on the floor.
3. Using both hands, roll the hoop forward in a large circle on the floor.
4. Roll the hoop straight forward and run ahead of it stopping it before it falls to the floor.
5. Hold the hoop horizontally off the floor while another child steps into the hoop and goes out underneath the opposite side.
6. Roll the hoop and run through it.
7. With the hoop lying on the floor, get into the hoop and out again by jumping, hopping, leaping or sidestepping.
8. Place both hands on one side of the hoop about one foot apart and swing the hoop forward and backward under the body. Jump through it each time it goes under the feet.

9. Place the hoop around the waist and sway so that the hoop keeps turning around the body.
10. Place 5 hoops on the floor touching each other:
    a. Jump with feet together into each hoop.
    b. Jump backward with feet together into each hoop.
    c. Hop, using only the left foot into each hoop.
    d. Hop, using only the right foot into each hoop.
11. Place several hoops vertically on the floor:
    a. Go through the hoops walking forward.
    b. Walk backwards through the hoops.
    c. Crawl through the hoops.
    d. Walk sideward through the hoops.
12. Hold a hoop vertically about 1 foot over the center of a balance beam:
    a. Walk the beam forward stepping through the hoop, continue to end of the beam.
    b. Walk the beam backward stepping through the hoop, continue to end of the beam.
    c. Walk the beam sideward, step through the hoop and return with the other side leading.
13. Hold a hoop horizontally about 1' over the center of a balance beam.
    a. Walk the beam forward, stepping into and out of the hoop, continue to the end of the beam.
    b. Walk the beam backward, stepping into and out of the hoop, continue to the end of the beam.
    c. Walk the beam sideward, stepping into and out of the hoop and return with the other side leading.
14. Use hoops as targets for balls, beanbags, balloon, etc. They provide good stationary targets or moving targets as well.
15. Give partners one ball and one hoop, make up a game to play.
16. Any music with a definite beat can be used for creating rhythmic movements. Records are available with instructions for routines and exercises. What can you do with your hoop to keep in time with the beat of the music?

Low Hurdles

Objectives:

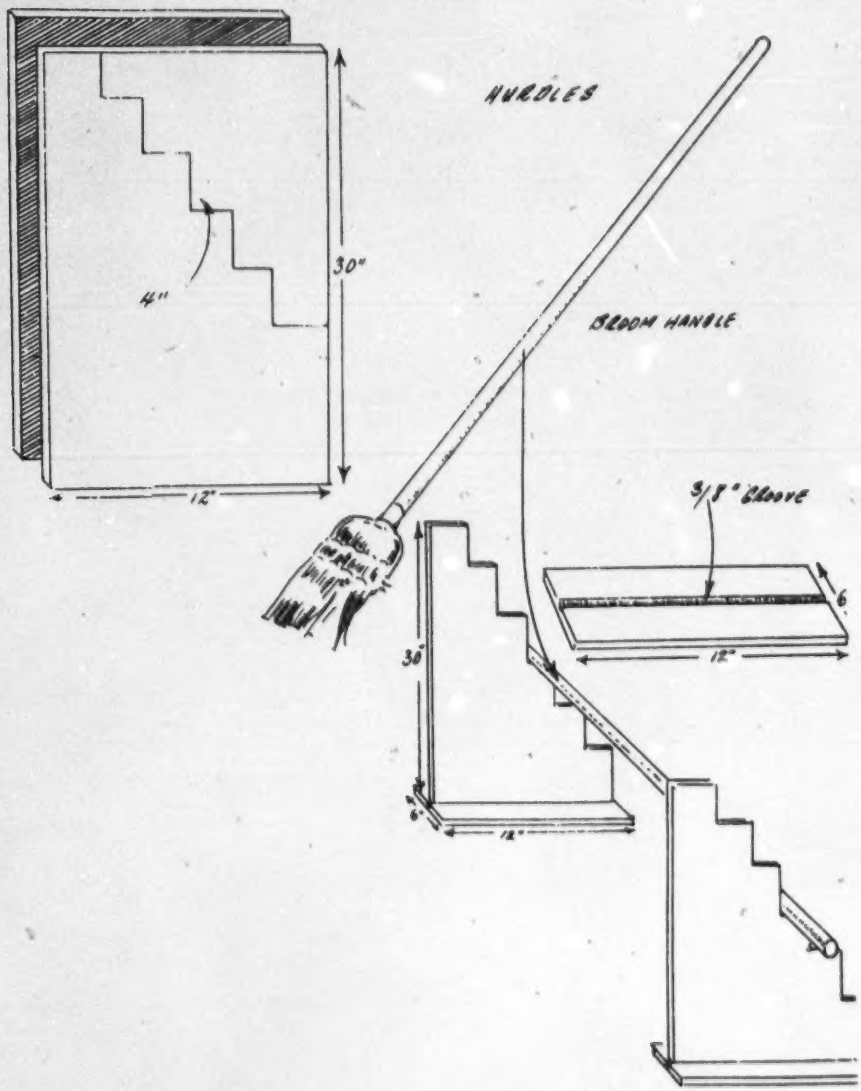
1. To improve jumping abilities.
2. To enhance leaping abilities.

Materials Needed:

1. One 2" x 12" x 7' length of board
2. Hammer and nails

Construction:

1. Cut the board into two 20" long sections and two 5" sections.
2. Cut a groove down the center of the 6" x 12" pieces.
3. Cut the 30" uprights as shown in the diagram so that the bar may be raised at 4" intervals.
4. Place the 30" uprights into the grooves of the support bases and drive four nails through the base into the uprights.
5. Paint or varnish if desired.
6. Use an old broom or mop handle as the cross bar.



Materials Needed:

1. Two gallon plastic jugs
2. Two dowels
3. Two nails
4. Three foot garden hose, bamboo pole or golf tube

Construction:

1. Fill jugs with sand.
2. Put nails in dowel.
3. Insert dowl in jug.
4. Cut garden hose or bamboo pole to approximately 3'.

Suggested Activities:

These hurdles must be used in such a manner that the bar falls off freely when the individual comes into contact with it.

1. Scatter several sets around at various heights so the children can practice leaping at different heights.
2. Build several pair and use for practicing low hurdles.
3. These hurdles may be used as high jumping standards with young children. Be sure, however, to place a mat by them to help cushion their fall.
4. Body awareness activities which require crawling under and stepping over the bar may be used with young children.

Jump and Crawl Standards

Objectives:

1. To enhance body awareness.
2. To improve jumping abilities.
3. To reinforce crawling abilities.

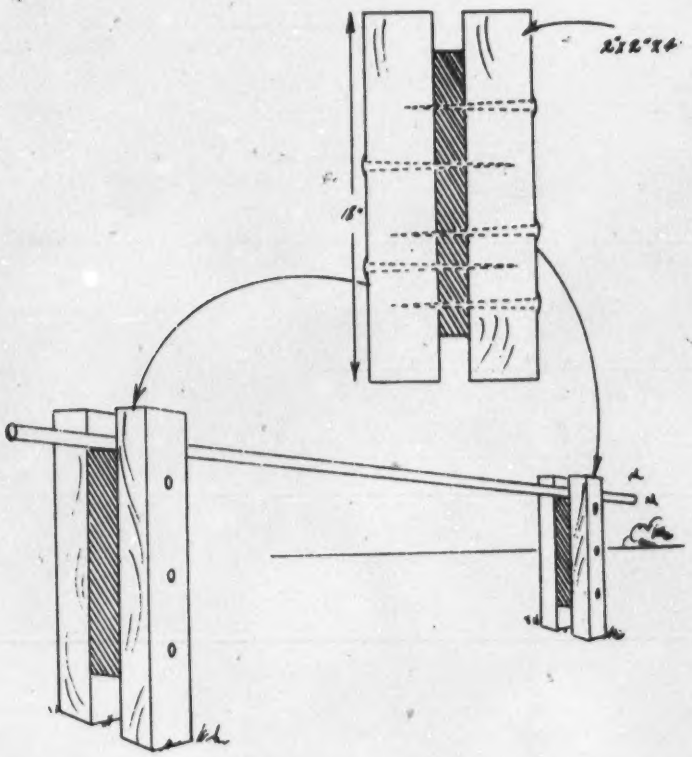
Materials Needed:

1. One 2" x 4" x 8' length of board
2. One 2" x 2" x 3' length of board
3. Old broom handle or hoop

Construction:

1. Cut the 2" x 4" into four 2' long sections.
2. Cut the 2" x 2" into two 18" long sections.
3. Place the 2" x 2" x 18" long section between the two 2" x 4" x 2' long sections so that there is a 3" notch at both the top and the bottom and a 1" notch along the length of two sides.

4. Drive 3 equally spaced nails into each 2" x 4" and through the 2" x 2".
5. Paint or varnish if desired.
6. Variation--different size standards may be made ranging from 1' to 3' high.



Suggested Activities:

1. Place the standards upright with a broom or mop handle between them and
   a. Jump over.
   b. Leap over.
   c. Crawl under.
   d. Jump and turn.
   e. Jump over or crawl under in a variety of ways.
2. Place standards of various heights around the room (you may want to color code them) so that all children will be able to succeed, and find a challenge at some level.
3. Lean a hoop up against a standard and
   a. Step over the hoop.
   b. Climb through the hoop.
   c. Go under the hoop.
   d. Jump over the hoop.
   e. Vary the way in which the above activities are performed.

Inner Tubes Sandbag

Objectives:

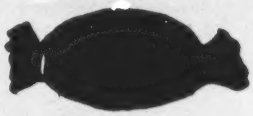
1. To teach space limitation.

Materials Needed:

1. Eighteen inch - 24" inner tube
2. Cord
3. Sand

Construction:

1. Cut inner tubes 18" - 24" in length.
2. Tie one end with cord.
3. Fill the tube with sand.
4. Tie other end.



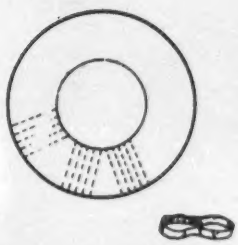
Suggested Activities:

1. Improved bases
2. Markers
3. Relay objects

Large Inner Tubes
(Car, Tractor, or Truck)

Objectives:

1. To develop creativity.
2. To improve spatial awareness.
3. To develop leg and arm muscles.
4. To increase agility and coordination.
5. To learn rhythm and timing.



Materials Needed:

1. Large innter tubes (car, tractor, or truck)

Construction:

1. Cut strips approximately 1½" in width.
2. Make sure to cut straight and not at an angle. There will be some waste if strips are to be cut straight for even stretch (see illustration).

Caution should be taken by covering the valve stem so that it does not scratch or puncture a child.

Suggested Activities:

1. Use the tub for 2, 4, or 6 person tug-of-war.
2. Tie a rope to the tube and pull a partner as he sits on (or in) the tube.
3. Walk on the tube while it is lying on the floor.
4. Make up games with the tube(s).

Relays

1. Through the Tube Relay: On "Go" the first student in each line runs to a designated line where inner tubes of equal size are located. When the runner reaches the line he performs the task and then runs back and touches the next person in line. This continues until all persons in each line have completed the tasks. In this relay, place the inner tube on one leg and up and over the body and head until it comes off the other leg.
2. Over the Top Relay: The relay is performed the same as #1 except that the runner passes the inner tube over the head and body and leaves it on the floor. (The relay can be done with 2 or 3 students at a time).
3. Step Through Relay: The relay is performed the same as #1 except that the runner passes the tube over his head and body and chair while sitting in the chair.
4. Over the Chair Relay: The relay is performed the same as #1 except that the runner passes the tube over his head and body and chair while sitting in the chair.

In the above relays a row of several tubes (5 to 7) can be placed in front of each item. Each person then would have to do the task with each tube before returning to touch the next person.

In the next set of relays the students have the tubes at the beginning of each line. They do the specific task continuously while moving to a line and back. The tube is then handed to the next person or persons in line.

5. Three Leg Relay: One side of a tube circles one leg of each of two people. Both run without letting the legs come out of the tube.
6. Leg Tie Relay: Double tube over and place it over both feet of one person (below the knees), who must run to line and back without losing tube.
7. Two Man Hop Relay: Two people with both feet in tube (tube below knees). They hop together down and back.
8. Two Together Relay: Two people with tube around waists run to line and back. Give tube to next two persons in line.
9. Chariot Relay: First person with tube around waist, second person holding tube from behind (horse and carriage style.) They run to line and change, second person putting tube around him and first person now running behind holding tube.

10. One Foot Hop Relay: Hook tube over foot behind the back and hold the end of the tube over the shoulder. Hop on one foot to line and back.
11. Two Tube Relay: One tube under each foot with the other end of the tubes held one in each hand. Run down and back without losing tube from either foot.

Games

1. Tag can be played with players performing various tasks with tubes. See tasks #5-11 above.
2. Put 10 persons on a team. Give each team one large inner tube. On command, each team tries to get all players into the tube at waist level.
3. Divide students into sets of two. The students of each set are placed back to back with the tube around their waists, facing lines that have been drawn in front of each. On command each tries to pull his opponent over the line.
4. Tie several tubes together and form a team, having as many students on the team as you have tubes tied together. Team must run to line--each player then getting in one of the tubes. The entire team runs back across the line in the joined tubes.

Small Inner Tubes
(Bicycle)

Objectives:

1. To increase flexibility.
2. To develop muscular strength through isometric and isotonic exercises.
3. To improve body awareness (body parts).
4. To learn social interaction.
5. To provide fun and enjoyment.

Materials Needed:

1. Old bicycle inner tubes of various sizes

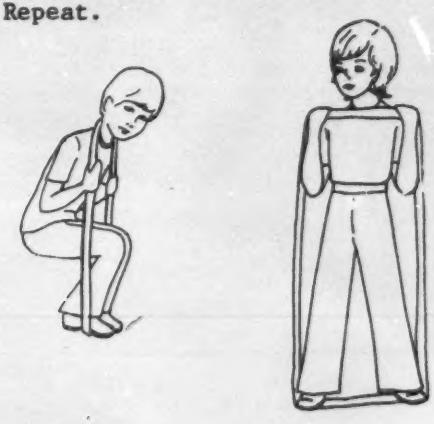
Construction:

1. Use adhesive tape to tape the valve stem to the tube.
2. Check the inner tubes to see that they are not torn.
3. Wash the inner tube.
4. Wrap a tape strip around inner tubes to denote the amount of strength required to stretch them. Use a different color of tape for tubes that stretch easily. Also use different colors for different sizes of tubes. Children can select an appropriate tube according to tape color.

Suggested Activities:

1. Individual activities (most of these should be held for 6 counts).
   a. Stand with both feet on the inner tube, and pull up with both arms (palms down).

b. Same as item "a" but reverse grip (palms up).
c. Stand with both feet on the tube; loop the tube behind the neck; from a crouch position force the tube up with the neck.
d. Same as item "c" but push arms out to the side.
e. Double the tube; loop the tube around one foot; balance on one foot; pull to the side with the other foot.
f. Repeat item "e" using the other foot.
g. Double the tube; stand on the tube with one foot; pull the tube up with the other foot.
h. Repeat item "g" using the other foot.
i. Double the tube; hook behind one heel; keep other leg straight; point toe and lift leg straight forward; hold 6 counts.
j. Repeat item "i" using the other foot.
k. Double the tube; hold high over the head with straight arms; pull for 6 counts.
l. Double the tube; hold in front of the body with arms straight; pull for 6 counts.
m. Using two doubled tubes, place one under each foot; pull up with hands and walk with stiff legs.
n. Lying on the back with the inner tube under the shoulders and the hands near the shoulders, grasp each end of the tube with the hands. (See illustration.) Extend the arms up and to the front of the body until they are fully extended. Return to starting position. Repeat.



2. Partners.

a. Sit with feet flat against partners; hook tube over feet; keep legs straight and use rowing technique; lie down, sit up, etc.
b. With tube around waist of both partners, have each partner take 4 steps out, 4 steps in.
c. Make up a creative movement with your partner.
d. What other partner stunts can be done?

3. Groups of 4.

a. With tube held in hands, two partners stay in place while two back out; continue to work in and out, in and out, etc.
b. All walk in, all walk out.
c. All hold tube above heads; turn inside out.
d. Travel in a circle; walk, skip, run, hop, etc.
e. Sit with legs straight, feet together; 1 and 3 lie down, 2 and 4 sit up; alternate up and down.

Try other combinations with small group work. Make up new ideas and have the students create new activities.

Newspaper Mats

Objectives:

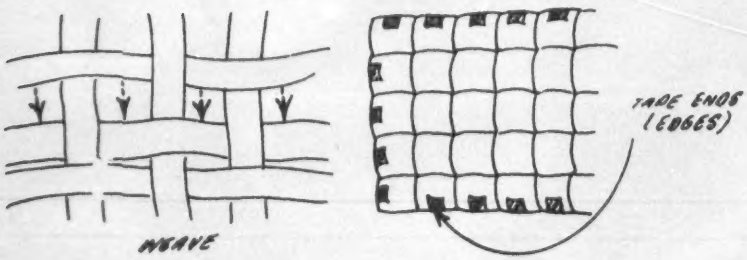
1. To serve as a cushion for practicing basic stunts and tumbling activities.

Materials Needed:

1. One hundred and eighty sheets of newspaper
2. One roll of scotch tape

Construction:

1. Pile 5 sheets of newspaper on top of each other.
2. Fold lengthwise into halves, then fourths, then eighths.
3. Tape the open edges together so the newspapers do not refold.
4. Repeat steps a, b, and c, making 36 strips.
5. Weave 18 strips together taping the outer edges.
6. Repeat step 5 with the remaining 18 strips.
7. Tape the two mats together on one side to form a long mat.
8. Reinforce all loose edges with tape.



Suggested Activities:

Newspaper mats are inexpensive, easy to make and ideal for use when learning simple stunts and tumbling skills that require slight padding. The following is a partial list of some simple skills that may be done on newspaper mats:

1. Forward roll
2. Backward roll
3. Log roll
4. Tip-up
5. Tripod
6. Headstand
7. Use an exercise mat

Milk Cartons
(or cardboard tubing)

Objectives:

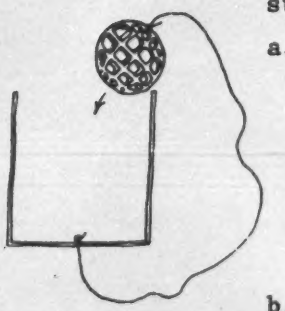
1. To improve eye-hand coordination.
2. To develop arm strength.

Materials Needed:

1. One gallon or half-gallon cardboard milk containers
2. Newspaper or sand
3. String
4. Whiffle ball tubing
5. Cardboard

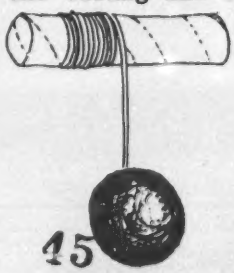
Construction:

1. Wash the insides of the containers and make sure they do not contain any milk or water.
2. In some cases it is desirable to stuff them with old newspapers or sand.
3. For eye-hand coordination and arm strength activities attach a string and ball to the cartons or tubing.



a. Punch a hole in the bottom of the carton, pass a string through the hole, and tie a knot on the inside.

b. Attach a string to the middle of the tubing and attach a ball to the free end of the string.



4. For bowling pins, partially fill cartons with sand.

Suggested Activities:

1. Bowling pins: Use from 1 to 10 cartons at a time while children try to roll balls and knock the cartons over.
2. Use the cartons to designate goals in various games or various distance markers for throwing or kicking activities.
3. Relays:
   a. Use in fetch-and-carry relays.
   b. Stack one on top of another in a relay activity.
   c. Use as markers to dodge in an obstacle course relay.
4. Throwing, catching, and carrying:
   a. Balance a carton or tube on various body parts as you move about the room.
   b. Set up the cartons or tubes in a miniature golf course and try to shoot small balls such as ping-pong balls into the openings of the cartons with your fingers and other body parts.
   c. Try to throw the cartons or tubes as if you were passing a a football.
   d. Try to kick the cartons or tubes as if you were kicking a football.
5. Try to swing a ball attached to a string into the carton in several different body positions. Use both hands.
6. Roll the ball up the paper tubing in both forward and backward motions.
7. Milk Carton Soccer: The game is played like regular soccer except that a milk carton is used for the ball.
8. Kicking Relays and Drills: Relays and drills used in the teaching of soccer can be worked on using a milk carton instead of a ball.
9. Crab Soccer: Soccer played while performing the crab walk works quite well with a milk carton used as a ball.
10. Milk Carton Bowling Pins: Milk cartons can be used as pins in bowling games as well as for markers in relays etc.

Pinnies

Objectives:

1. To allow for differentiation of teams or squads in the various physical education activities involving games or rhythms.
2. To create an object which may be used as a flag in games such as Flag Football.
3. To create an object which may be used as a striking implement in games such as Beater Goes Round.

Materials Needed:

1. Old towels
2. Velcro fastener material

Construction:

Pinnies:

1. Towels or materials of various colors (to designate teams).
2. A hole should be cut in the middle of the towel or material (poncho style).
3. Velcro fastener should be sewed to each side (to fit snugly to the body).
4. Optional - attach ties to lower corner of each towel.

Suggested Activities:

1. Pinnies may be worn in any type of movement activity in which teams are designated.
2. Flags may be tucked into the gym trunks or under a belt and used in games such as Flag Football.
3. Towels may be loosely wrapped and used as striking implements in games such as Beater Goes Round. The softness of the towels will prevent injuries from being struck too hard.

Flags:

1. Cut towels or materials in strips.

Beaters:

1. Fold towel of materials in half.
2. Tape several spots to hold the side together.

Plastic Bottles

Objectives:

1. To improve eye-hand and eye-foot coordination.
2. To increase manipulative abilities in children.
3. To develop rhythmical qualities in children.

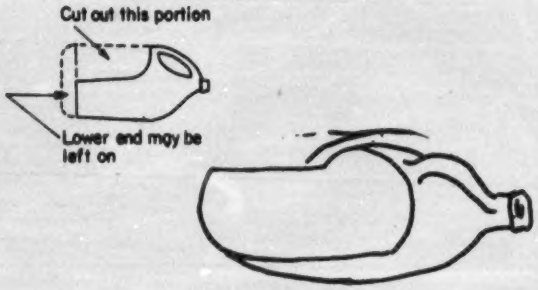
Materials Needed:

1. Plastic bottles of various shapes and sizes
2. Knife or scissors
3. Sandpaper or plastic tape
4. Paint (optional)
5. Paint brush

Ball Scoops

Construction:

1. Use a gallon jug with suitable handle.
2. Cut off bottom, and section of side containing the handle.



Suggested Activities:

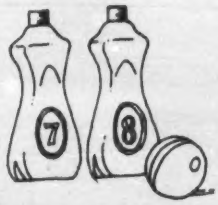
Plastic bottles with the bottoms cut out can be used for many throwing and catching activities. Various sized balls may be used.

1. Throw the ball up to yourself and catch it with your scoop.
2. Throw the ball against a wall and catch it on the rebound with your scoop.
3. First use one hand to catch the ball with the scoop and then try the other hand.
4. With a partner, throw the ball with the scoop in different overhand and underhand motions and catch the ball with the scoop.
5. Roll the ball to a partner with the scoop and try to catch the ball with the scoop.
6. Various modifications of volleyball, basketball, and softball can be developed which utilize the school.

Bowling Pins

Materials Needed:

1. Use plastic bottles
2. Paint jugs
3. Partially fill with sand



Markers

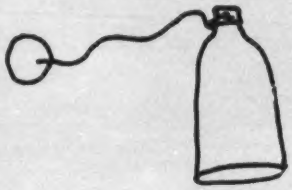
Construction:

1. Use gallon or half gallon jugs.
2. Pour about 2 cups of sand into the jug.
3. Paint with various numbers or symbols for different activities.

Mexican Balero

Construction:

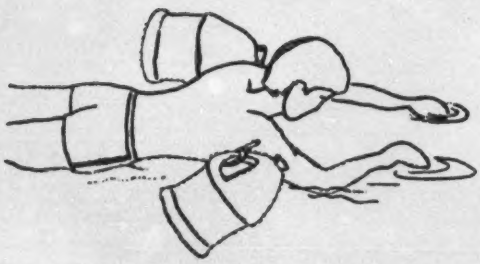
1. Cut off bottom of bottle.
2. Place piece of string in top and secure with cap.
3. Attach ball small enough to fit into bottle at other end of string.



Pole Standard

Construction:

1. Use a gallon jug.
2. Fill with sand.
3. Insert standard pole (dowel, broom handle, bamboo pole, etc.).



Support Aid

Construction:

1. Use gallon jugs.
2. Two may be joined together with short pieces of rope.

Tambourine

Construction:

1. Cut a gallon bleach jug 1½" from the bottom.
2. Cut holes at 2" intervals along the sides.
3. Use pipe stem cleaners to insert flatted bottle caps.

Plastic Lids

Objectives:

1. To develop eye-hand and fine-motor coordination.
2. To develop eye-foot coordination.
3. To improve throwing and catching abilities in children.

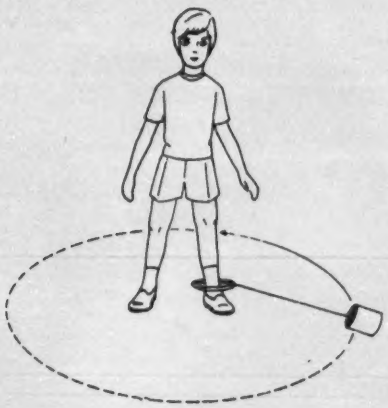
Footsies

Materials Needed:

1. Large size plastic lids
2. Small pieces of sashcord or rope
3. Old tennis balls or plastic tops

Construction:

1. Cut out center.
2. Cut a piece of rope 18" to 24" in length.
3. Tie rope to edge of plastic lid.
4. Poke a hole on the top of the spray can lid, run rope through and tie a knot.



Suggested Activities:

1. Skip the footsie with your right or left foot in place.
2. Skip the footsie with your right or left foot as you travel about the room forward, backward, or sideways.
3. Skip with one footsie on each foot.
4. Skip one footsie on either foot as you twirl a footsie on each arm.

5. Skip with one footsie on each foot as you twirl a footsie on each arm.
6. Combine one-foot travel while you twirl a footsie on your arms.
7. Skip the footsie with your right or left foot as you bounce a ball.
8. Twirl the footsie with your arms using different patterns; figure 8, horizontal, vertical, in front of your body, and to the side of your body.

Frisbee

Materials Needed:

1. Large plastic lids

Construction:

1. Use large size plastic lids.

Suggested Activities:

1. See if you can sail the Frisbee into the air so that it will return to you.
2. With a partner, sail the Frisbee back and forth to one another.
3. See if you make the Frisbee bounce off the ground and into your partner's hands as you sail the Frisbee.
4. See if you can sail the Frisbee to your partner as you move about the room.

Ring Toss or Deck Tennis

Materials Needed:

1. Large size plastic lid

Construction:

1. Cut out center.

Suggested Activities:

1. Set up small targets such as pop bottles or liquid soap containers and try to throw the rings over the targets from a distance of 3' to 6'.

2. Set up a badminton or volleyball net, divide the children into teams, and play deck tennis by throwing the ring back and forth and across the net.

Puppets

Objectives:

1. To give children the opportunity to experss themselves through mimicry.
2. To help children in the development of social skills.

Materials Needed:

1. Various sizes of socks
2. Felt marking pens
3. Pieces of yarn
4. Pieces of felt
5. Buttons

Construction:

1. Decorate sock, e.g., animal faces, clowns, cartoon characters.
2. Use yarn for hair.
3. Use buttons and felt for nose, eyes, mouth.

Suggested Activities:

1. Use the puppets for self-experssion activities. (Each youngster has his own puppet.)
2. Use the puppets in story plays. (These can be student planned and developed.)
3. Use the puppets in games.

Rackets

Objectives:

1. To improve eye-hand coordination in children.
2. To develop better striking abilities in children.
3. To teach teamwork and cooperation through partner and team activities.

Materials Needed:

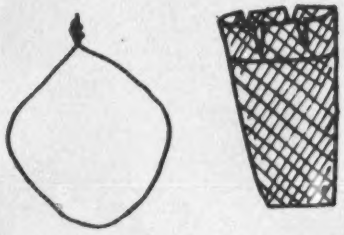
1. One wire coat hanger
2. One nylon stocking
3. Masking tape, plastic tape or adhesive tape

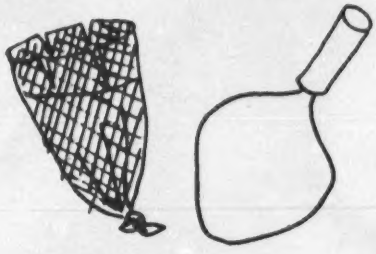
Construction:

1. Elongate wire coat hanger.
2. Cut off curved hanger section.
3. Cut 18" section of nylon.
4. Make 4 slits at top for ties.
5. Drill small hole in one end of dowel.
6. Screw wire coat hanger into dowel and tape secure.
7. Knot smaller end of nylon and turn inside out.
8. Pull knotted nylon onto wire coat hanger, and tie slit ends together.
9. Secure with tape.
10. Tape all along edge of racquet to prevent nylon from running if hit against floor or other object.
11. Nylon may be stitched with thread or yarn along the inner edge of the wire to make the nylon more taut.

Optional Suggestions:

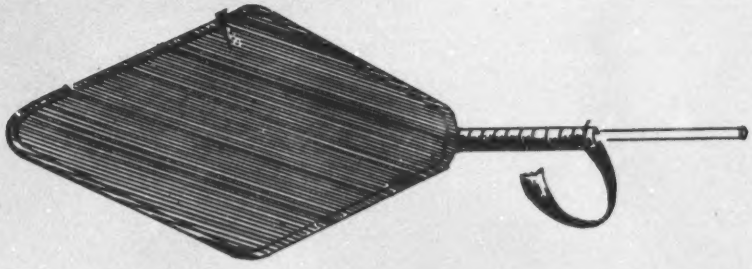
1. Pull the stocking around the hanger and tape the remainder to the handle.
2. For greater strength place tape around the edges and wrap the handle securely with tape.
3. For greater strength, use two hangers and two legs of nylon.
4. Make four slits at top for ties.
5. Drill small hole in one end of dowel.
6. Screw wire coat hanger into dowel and tape secure.
7. Knot smaller end of nylon and turn inside out.
8. Pull knotted nylon onto wire coat hanger, and tie slit ends together.
9. Secure with tape.
10. Tape all along edge of racquet to prevent nylon from running if hit against floor or other object.
11. Nylon may be stitched with thread or yarn along the inner edge of the wire to make the nylon more taut.





Optional Suggestions:

1. Pull the stocking around the hanger and tape the remainder to the handle.
2. For greater strength, place tape around the edges and wrap the handle securely with tape.
3. For greater strength, two hangers and two legs of nylon hose may be used.



Suggested Activities:

Small and/or lightweight balls such as yarn balls, ping pong balls or badminton birds work best with this type of racket.

1. Balance the ball on your racket in forehand and backhand positions and move about the room.
2. Volley the ball into the air 1' or 2' continuously while using either the right or left hand in forehand or backhand position. Change hands and change hand positions.
3. Hit the ball into the air as high as you can and still control it.
4. Volley the ball against the wall as many times as you can.
5. Try hitting the ball in different ways--over your head, behind your back, under your legs, etc.
6. Volley the ball back and forth with a partner.
7. As the ball comes to you from your partner, see if you can stop its momentum and make it come to rest on your racket.
8. Given a racket, a ball, and some other pieces of equipment such as a rope or hoop, create a new game with your equipment.
9. Play the game of badminton or modifications of it with your racket.

Chinese Jump Rope

Objectives:

1. To develop agility, muscular coordination, and endurance in children.
2. To improve eye-hand and eye-foot coordination.
3. To enhance rhythmical awareness and a better sense of timing in children.
4. To make creative use of ropes through forming geometric shapes, letters, and numbers.

Materials Needed:

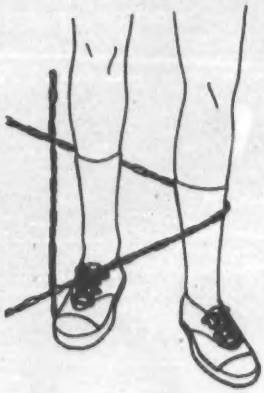
1. Elastic cord (¼")
2. Elastic strips (3/8" - 1/2")
3. Rubber bands

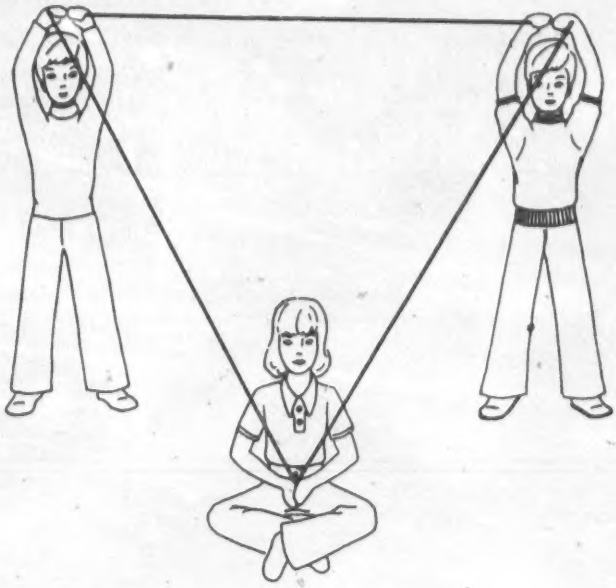
Construction:

1. Cut elastic in 6' to 8' lengths.
2. Tie the two ends of the cord together to make an elastic loop.
3. Chinese jump ropes are made by looping rubber bands together in chain fashion until the desired length is achieved. Use heavy rubber bands for best results.

Example:

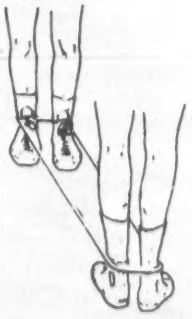
Create different geometric shapes with the individual, partner, or group rope by stretching the rope in different directions. Use different parts of the body to stretch the rope.





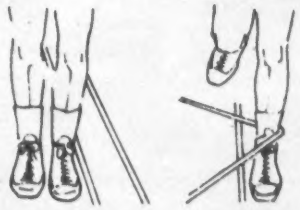
Suggested Activities:

To start the activity, two children stand inside the elastic strip with the elastic looped around their ankles. Their feet should be together with approximately 3' between children.

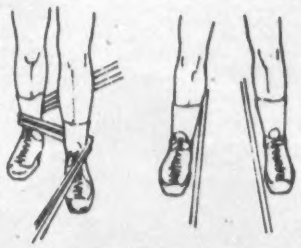


The stunts to be perfomred are:

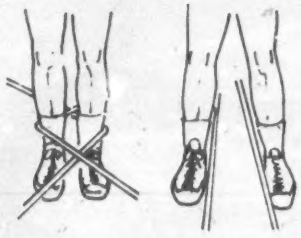
1. Toe Hooks: Stand with both feet on the same side of the two elastic strips. Step over the nearest elastic strip with the near foot and tap the toe between the strips. Return to starting position. Now step over the far elastic strip catching the near strip over your ankle. Tap the toe on the ground. Return to starting position. Repeat each of the above steps 3 times alternating one skill then the other. Next step to the other side of the strips and repeat.



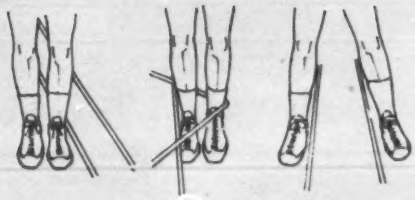
2. Ankle Tangle: Stand with feet straddling the two elastic strips. Jump in the air, cross the legs, and land with the opposite foot outside the elastic strips--the legs are crossed. Still facing the same direction, shift the feet by uncrossing the legs. DO NOT let the strips slip off the ankles. Both strips should now be behind one ankle and in front of the other. Jump in the air allowing the strips to slip off the ankles. Land straddling the two strips, one foot on each side.



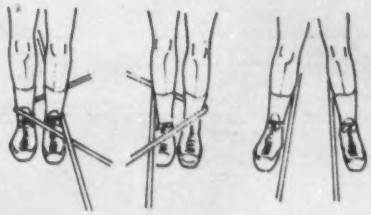
3. Boxes: Stand with both feet on the same side of the two elastic strips. Step over the far strip catching the near side strip on the ankle. Place the foot on the ground outside the far strip. Step over the near strip with the other foot and form a "BOX" with the feet located in each corner. Jump in the air allowing the strips to slip off the ankles. Stand straddling the two strips, one foot on each side.



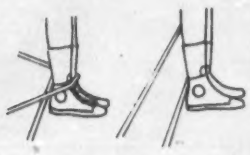
4. Triangles: Start just as in "Boxes" but step into the triangle with the second foot so that both feet are at the top of the triangle. Jump in the air allowing the strips to slip off the ankles. Land straddling the two strips, one on each side.



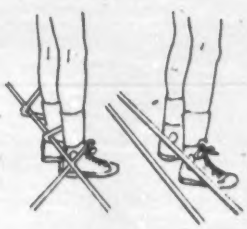
5. Triangle Shuffle: Do a triangle (as above). Instead of jumping out of the strips, jump across into the other elastic strip forming another triangle, this time with the opposite strip as the top of the triangle. Now jump in the air allowing the strips to slide off the ankles, one on each side.



6. Double Toe Hooks: Stand facing both elastic strips. Jump over the far strip catching the near strip over both toes. Land outside the far strip with the elastic forming a "Triangle." Jump in the air allowing the strip to slip off the ankle. Land with both feet outside the strips with the heels near the strip opposite the place you began. Repeat facing the other direction.



7. Double Triangles: Stand facing both elastic strips. With one foot, step over the far elastic strip catching the toe under the near strip. Place the foot on the ground. Now step forward with the other foot catching the toe under the other elastic strip and step over the first strip. Both ankles should now be enclosed by small triangles. Jump in the air allowing the strips to slip off the ankles. Land with both feet on the side of the strips opposite the beginning position.



Teaching Suggestions:

1. Children may wish to raise the elastic to knee level or hip level once skills have been mastered at ankle level.
2. Slight modifications of skills especially the "Ankle Tangle" and "Double Toe Hooks" may be necessary as the height of the elastic strip is raised. Let the children develop their own modifications.
3. Stakes may be used to hold the Chinese Jump Rope to allow more children to be active.
4. Very young children can accomplish the skills if they are allowed to hold on to another child as they perform the skills.
5. Skills are most easily performed without shoes.
6. Some excellent continuous rhythmical patterns and foot movements can be developed to music using the Chinese Jump Rope. Many of the tinkling steps may be modified for use with this activity. Allow children to develop their own skill modifications to music.

Tug-Of-War Ropes

Objectives:

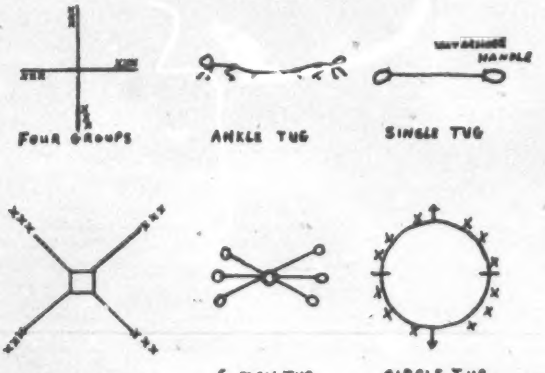
1. To develop static and dynamic strength in arms, trunk, and legs.
2. To improve reaction time abilities.
3. To learn team work.

Materials Needed:

1. Rope
2. Water hose

Construction:

1. There are many different designs for constructing ropes for a tug-of-war.
2. Have your students try this activity by using ropes as illustrated in the diagrams.
3. Be sure the rope is tied securely in the center.



Suggested Activities:

This activity can be quite vigorous and should be used with rest periods. The teacher should control the activity at all times. These matches should be conducted on tumbling mats.

Partner and Multiple Tug-of-War Ropes

1. Using individual ropes try to pull your partner across the line or out of a circle using right hand, left hand, both hands, face to face, back to back, and other variations.
2. Using 3 or 4 bases of support, try to pull your partner off balance by placing either hand or foot through the loop of the rope and tugging as hard as you can.
3. Repeat the above activities but have each child try to pick up an object that is behind him.
4. Perform sit-ups using partner opposition by holding on to the ends of the ropes.
5. Use multiple ropes and tug 2 against 2, 3 against 3, etc.
6. Using multiple ropes, repeat some of the partner activities listed above.
7. Perform isometric exercise using partner or multiple ropes. Try various body positions and ankles with the limbs of the body. Hold each position for 6 to 8 counts before assuming another isometric position.

Scooters

Objectives:

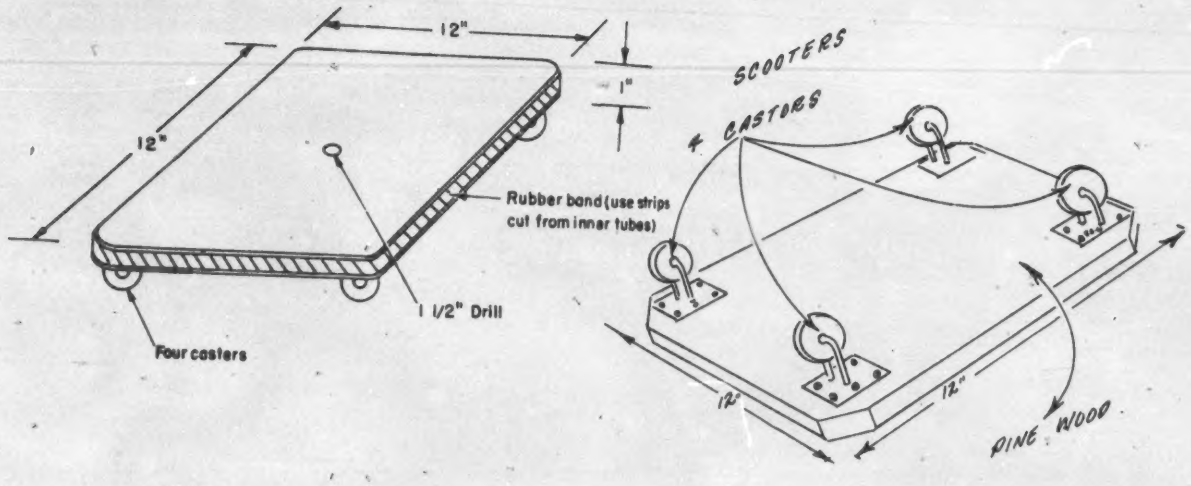
1. To develop upper arm and trunk strength in children.
2. To teach children to cooperate with a partner.
3. To increase leg strength.
4. To enhance fundamental locomotor abilities.

Materials Needed:

1. One 12" x 12" x 1" piece of plywood
2. Four castors with rubber of plastic wheels
3. Sixteen - 3/4" screws

Construction:

1. Cut wood to the prescribed dimensions.
2. Cut each of the 4 corners at a 45^{o} angle $1\frac{1}{2}$" in from the corners or merely round the corners.
3. Sand the wood thoroughly and round all of the edges.
4. Attach a strip of rubber around the outside edge to prevent the edges from splintering and to lessen noise.
5. Situate the castors on the bottom of the seat $\frac{1}{2}$" from the 45^{o} angle corners.
6. Drill holes to mount the castors and then screw them down firmly.
7. Drill a 1" hole in the center of the scooters so that they may be stored vertically by placing them on a dowel one by one.



Suggested Activities:

The four-wheel scooter may be used effectively with preschool children up through high school. The scooter is primarily used as a means of locomotion propelled by the hands, or feet. Use of scooters adds variety to the curriculum and may be used in the following ways:

1. Kneel on scooter board and push yourself around with your arms.
2. Lie on your stomach and move in various directions using the hands and feet.
3. Lie on your stomach, raise the legs slightly and move about using the hands only.
4. Sit on the scooter and move about using the feet only.
5. Sit on the scooter with your feet crossed and move about using the hands only.
6. Use sitting and prone positions for partner activities:

   a. Push seated partner.
   b. Push partner in prone position by grabbing the legs.
   c. Pull your partner using a rope.

7. Use the above positions for:

   a. Races
   b. Relays
   c. Obstacle courses

Stilts

Objectives:

1. To increase eye-hand and eye-foot coordination skills.
2. To create an awareness of laterality, directionality, and apatial awareness.
3. To develop static balance abilities.
4. To enhance dynamic balance activities.
5. To improve eye-body coordination.

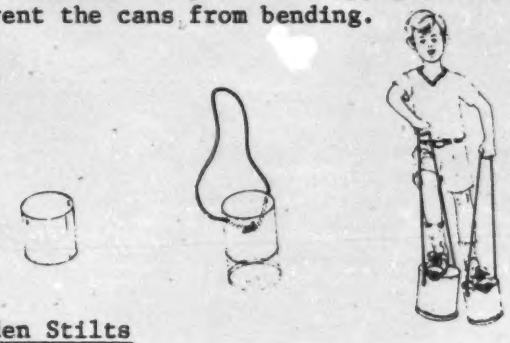
Tin Can Stilts

Materials Needed:

1. Two - 2 lb. or 3 lb. coffee cans and the accompanying plastic lids
2. Two pieces of clothesline rope each approximately 6' long
3. Small amount of adhesive tape
4. Drill

Construction:

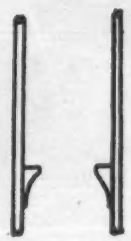
1. Drill two holes near the bottom of each can directly opposite one another.
2. File rough edges around the top opening of the cans and where the holes were drilled.
3. Insert the rope through the holes and knot it after the rope has been adjusted to crotch height.
4. Wrap tape around the rope where it passes through the can in order to prevent fraying.
5. Leave the plastic lids on the cans to prevent slippage, to prevent floor damage, and to prevent the cans from bending.



Wooden Stilts

Materials Needed:

1. Blocks of wood, two 2" x 2"
2. Wood - 5' to 7' in length
3. Nails or screws
4. Paint or varnish
5. Sandpaper



Constructions:

Beginners Stilts

1. Nail blocks of wood to the 2" x 2".
2. For beginners blocks should be approximately 6" to 12" from the ground.
3. Plane the upper portion for an easier grip and sand.
4. Stilts can be painted or varnished

Do not place straps across the foot rest; this becomes a real hazard if the child falls.

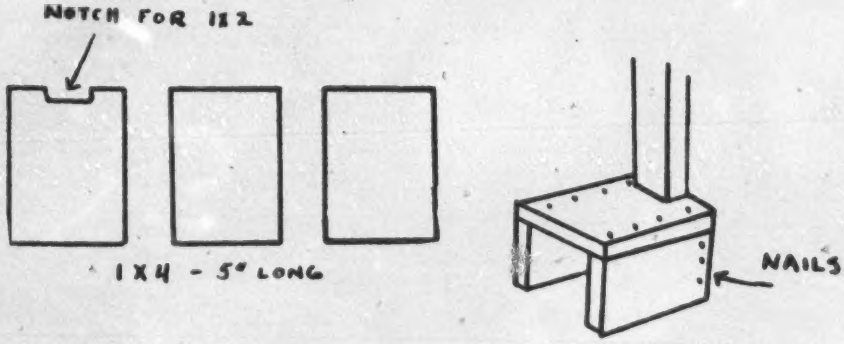
Wide Base Stilts

Materials Needed:

1. Six 1" x 4" pieces 5" long
2. Two 1" x 2" five to seven feet in length
3. Nails
4. Rubber stair tread
5. Paint or varnish
6. Sandpaper

Construction:

1. Cut 1" x 4" into three 5" sections.
2. Notch one piece so that 1" x 2" will fit snugly into it.
3. Assemble as shown. Cover bottom with rubber stair-tread.
4. Plane down the upper portion for an easier grip.
5. Sand the stilt.
6. Paint as desired.



Adjustable Stilts

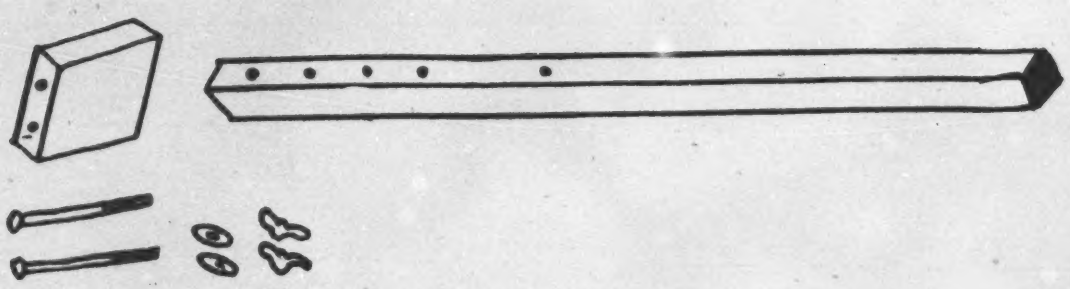
Materials Needed:

1. Two 2" x 2" five to seven feet long
2. Two 2" x 4" five inches long
3. Four 7½" stove bolts with washers and wing-nuts
4. Pieces of rubber stair-tread
5. Sandpaper
6. Paint or varnish
7. Drill or punch

Construction:

1. Drill holes 1½" apart in lower portion of 2" x 2".
2. Drill holes 1½" apart in the 2" x 4". (Make sure that foot holds have 2 holes and 2 bolts, otherwise the foot rest will turn.)
3. Insert wing bolts through holes and attach washers and wing-nuts.
4. Cover bottom with piece of rubber stair tread.
5. Plane the upper portion for an easier grip.

6. Sand the stilts.
7. Stilts can be painted or varnished.



Suggested Activities:

1. Methods of getting on the stilts.

   a. Lay the stilts on the floor. Stand at the top of the stilts. Pick up the stilts and place them under the armpits with the arms around the front of the poles. Place one foot on one of the steps, push up with the free leg, and place the free leg on the step of the second stilt.
   b. Hold on to the stilts as in the above procedures. Mount the stilts from an elevated position such as a chair.

2. Walk forward, backwards, and sideways with the stilts.
3. Create an obstacle course. Give students an opportunity to step over, under, around, and through objects.
4. Place hands on the top of the stilts and walk.
5. Try to jump or hop while on the stilts.
6. Try to walk up steps while on the stilts.
7. Stand on one stilt, lift the other leg up, and swing it around.

Streamers

Objectives:

1. To develop rhythmic skills.
2. To learn spatial awareness.

Materials Needed:

1. Crepe paper
2. Dowel
3. Stapler
4. Scissors

Construction:

1. Cut crepe paper or some other type of non-tear paper, into strips 2" to 3" wide.
2. Staple crepe paper to dowel.

Suggested Activities:

1. Make different patterns with the waving motion of the arm.
2. Incorporate different patterns with the locomotor and non-locomotor movements.
3. Using music have the child create various movement patterns.

Targets

Objectives:

1. To increase eye-hand coordination.
2. To develop throwing and catching skills.
3. To improve the child's depth perception.

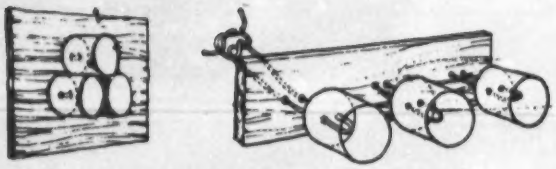
Can Targets

Materials Needed:

1. Cans
2. String
3. Boards
4. Drill
5. Paint

Construction:

1. Arrange cans on a board in a way that would make them good targets in a target throwing game. (See illustration.) Trace a circle to outline the desired location where the can will be fixed to the board.
2. Drill ¼" holes in the board where the cans are to be fixed to the board. The holes should be about 2" apart.
3. Punch two holes in the bottom of each can with a nail or metal punch. Holes should be about 2" apart.
4. Loop a string through one hole in the board, up through one hole in the can, down through the other hole in the can and out through the second hole in the board. Secure the can to the board by taping the string tightly on the backside of the board.
5. Tie on all cans using this same arrangement.



Suggested Activities:

1. Throw beanbags, yarn balls, or newspaper balls into cans.
2. Make up games (color, number, size of can).

Board Target

Materials Needed:

1. Plywood
2. Saw
3. Paint
4. Idea for a target face
5. Sandpaper
6. Small link chain
7. Screw eyes
8. Board--approximately 1" x 2" (length to be determined by size of target board)

Construction:

1. Cut board to desired size.
2. Draw design on board.
3. Cut target holes.
4. Sand.
5. Paint as desired.
6. Insert screw eyes on upper back portion and attach link chair to 1" x 2".

Suggested Activities:

1. Throw beanbags, yarn balls or newspaper balls at target.
2. Scores may be stipulated if desired.
3. Throw overhand and underhand.

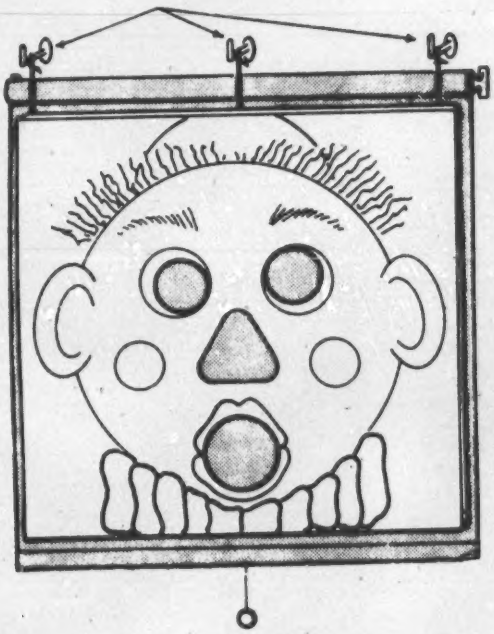
Window Shade Target

Materials Needed:

1. Heavey duty window shade
2. Scissors
3. Paint
4. Tape
5. Wall brackets (number depends on size of target)

Construction:

1. Draw design on shade.
2. Cut target holes.
3. Paint as desired.
4. Tape target hole to prevent tearing or fraying.
5. Attach shade to wall bracket.



Suggested Activities:

(See Board Target Activities)

Target Loops

Materials Needed:

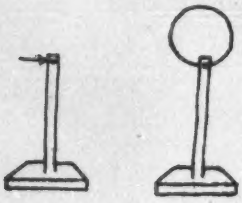
1. Discarded base of a classroom globe with a circular attachment at the top or
2. Batting tee (wood or rubber) and a hoop (hose and plastic coupler)

Construction:

1. If the globe base is used, no construction is necessary.
2. If batting tee is used omit rubber hose at top of tee and drill a 1" hole in diameter at the top of the tee.
3. Attach a homemade hoop through the opening by attaching the ends of the hoop with a plastic coupler.

Suggested Activities:

1. Using the loop as a target, the children can work with some of the following ideas:
   a. Throw any type of ball through the target loop (sponge ball, yarn ball, playground ball, etc.).
   b. Work with a partner in throwing and catching different balls through the loops.
   c. Try to bat a ballon through the target loop.
   d. Toss a Frisbee through the target loop.
   e. Make up a game with two or more players, using one target loop and one ball.
   f. Use the target loop for developing accuracy with striking skill (paddles and tennis balls).
   g. Use target loop for developing sports skills, i.e., basketball passes, football passes, soccer kicks, etc.



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